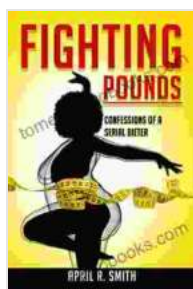


# Fighting Pounds: Confessions of a Serial Dieter



## FIGHTING POUNDS: CONFESSIONS OF A SERIAL DIETER by April R Smith

★★★★★ 5 out of 5

Language : English  
File size : 1257 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 19 pages

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By Sarah Wilson

In *Fighting Pounds: Confessions of a Serial Dieter*, author Sarah Wilson shares her personal journey with weight loss and dieting. She offers insights into the challenges of losing weight and keeping it off, and she provides practical advice for those who are struggling with their weight.

Wilson has been on a diet since she was a child. She has tried every diet imaginable, from fad diets to extreme diets. But nothing has ever worked for her long-term. In *Fighting Pounds*, Wilson shares her story in the hopes of helping others who are struggling with their weight.

Wilson writes with honesty and humor about her struggles with weight loss. She shares her successes and failures, and she offers insights into the emotional and psychological factors that can make it difficult to lose weight.

*Fighting Pounds* is a must-read for anyone who is struggling with their weight. Wilson's story is inspiring and her advice is practical and helpful. If you are ready to make a change in your life, *Fighting Pounds* is the book for you.

### **What readers are saying about *Fighting Pounds*:**

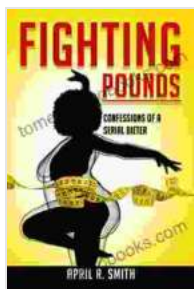
- "Fighting Pounds is a powerful and inspiring book. Sarah Wilson's story is a reminder that we are not alone in our struggles with weight loss. She offers practical advice and support for those who are ready to make a change in their lives."
- "I laughed, I cried, and I related to every word of *Fighting Pounds*. Sarah Wilson is a gifted writer and her story is a must-read for anyone who has ever struggled with their weight."

- "Fighting Pounds is a game-changer. Sarah Wilson's insights into the challenges of weight loss are spot-on. This book is a must-have for anyone who is serious about losing weight and keeping it off."

## Free Download your copy of Fighting Pounds today!

Fighting Pounds is available in paperback, hardcover, and e-book formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite bookseller.

Don't wait another day to start your journey to a healthier weight. Free Download your copy of Fighting Pounds today!



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