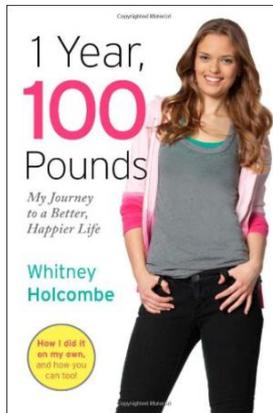


Get Doc

1 YEAR, 100 POUNDS: MY JOURNEY TO A BETTER, HAPPIER LIFE



Simon Pulse/Beyond Words. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.8in. x 8.3in. x 0.2in. Part cheerleader, part drill sergeant, Whitney Holcombe chronicles how to transition from the fat girl to being a healthy, confident young woman. At age fourteen, Whitney Holcombe stepped onto her bathroom scale and a number glared up at her: 230. That number controlled her life until one day she went for a walk that changed everything. A little bit memoir and a whole lot of...

Download PDF 1 Year, 100 Pounds: My Journey to a Better, Happier Life

- Authored by Whitney Holcombe
- Released at -



Filesize: 1.05 MB

Reviews

An exceptional pdf as well as the typeface utilized was interesting to see. I am quite late in start reading this one, but better then never. I am very happy to explain how this is actually the best pdf i actually have go through within my individual daily life and might be he greatest publication for possibly.

-- **Freddie Zulauf**

A very amazing ebook with lucid and perfect answers. it was actually writtern quite flawlessly and useful. Its been written in an exceedingly basic way and it is simply right after i finished reading this publication in which basically changed me, change the way i really believe.

-- **Garett Stanton**

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Cade Nolan**