



## Food, Freedom, and Finish Lines!: How to Lose the Weight and Win Back Your Life (Paperback)

By Joyce Ainsworth

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Joyce Ainsworth is a regular girl who has achieved remarkable weight loss of a 192 pounds (a whole person). Maybe you ve read countless how to books on weight loss and never found real lasting success. Until now! Your finish line is in sight. Stop dieting forever and follow Joyce s lead and win back your life. Joyce has developed a 21 jump start to help you get started on a new lifestyle and a sprint to the finish; for those last 10 pounds, also tips on food and exercise to guide you as you learn to maintain your new lifestyle that will be simple and easy to follow. She has now added a Study Guide for those wishing to use this as a small group study. Her story is more about winning than loss. Food, freedom, and Finish Lines invites you to finally find freedom! Join Joyce s journey and learn to Change Your Mind! Change Your Body! Change Your Life! Food, Freedom and Finish Lines is Life Changing.



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