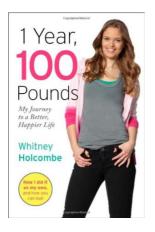
Download eBook

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: 6.48 MB

Reviews

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

-- Adela Schroeder II

This composed pdf is excellent. I could comprehended every thing out of this composed e publication. I discovered this ebook from my i and dad suggested this pdf to learn.

-- Jerod Ondricka

Related Books

- DK Readers Day at Greenhill Farm Level 1 Beginning to Read
- DK Readers Animal Hospital Level 2 Beginning to Read Alone
- Harts Desire Book 2.5 La Fleur de Love
- Magnificat in D Major, Bwv 243 Study Score Latin Edition
- Early National City CA Images of America