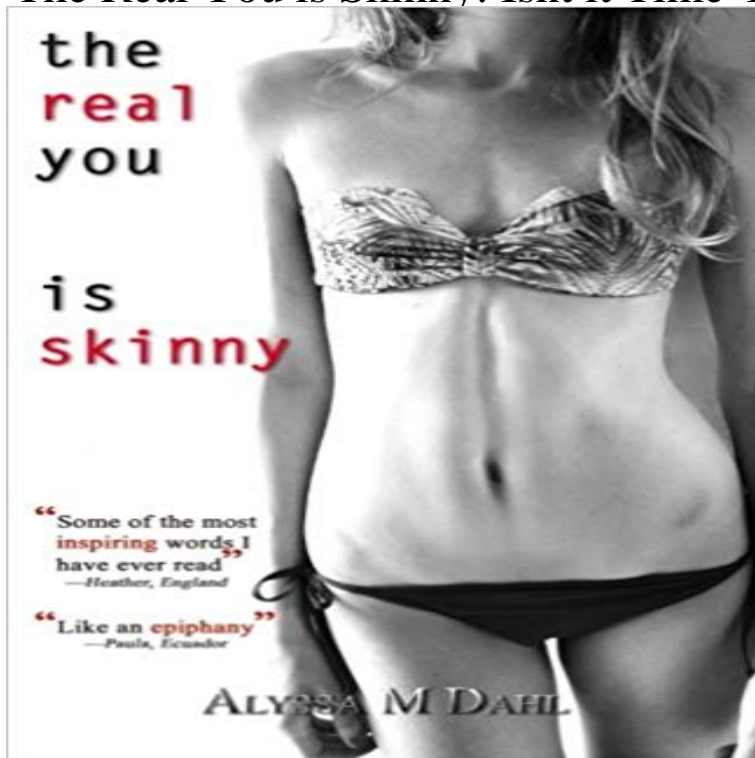


The Real You is Skinny: Isn't it Time You Made the Acquaintance?



You may feel like you will never lose weight. But no amount of fat can change the fact that, *underneath it all, the real you is skinny.* This is the real-life story of a surprising journey from fat to thin, for someone who tried all her life but still couldn't lose the pounds until one day she discovered the *unbelievably simple* answer. Filled with radically common-sense ideas, *The Real You is Skinny* gives you everything you need to help discover your own healthy motivation, ignore all that other confusing and contradictory weight-loss advice, and instead just get on with getting rid of your stubborn excess fat. What really sets this book apart, however, and what has been the source of huge changes in so many lives, is the personal story inside, which reveals what it can really be like, day after day, to finally have victory over your destructive thoughts and habits, shed that unwanted flab, and become the most beautiful person you can be. *What people are saying:* Changed my outlook on life I am so motivated its crazy Everything just makes perfect sense Reading this was like a weight off my chest Finally someone put into words how I have been feeling I just signed up for a 5K, and I am one of those people who hates to run wow tears in my eyes Inspired me to shed my unhealthy and destructive behaviours and attitudes towards weight loss Ive not only seen a change in my body, but I am now also in a better place mentally, and for the first time in years I can truly say I am totally content with my life Thank you for giving me hope that I really can become the healthy, happy person Ive been trying to find for what seems like forever now *Inside, learn about:* * How the wrong attitude about fat can actually slow your weight loss * Enjoying exercise when you feel like its going to kill you * Dealing with failure and getting back on track * Surviving all-you-can-eat buffets * Making it through

cravings, plateaus, and wanting to just give up * How to handle people who try to hinder your success * Overcoming embarrassment when exercising * Eating disorders why they can seem attractive and how you can avoid having one * Maintaining your new weight after you arrive at your goal (And, of course) * Adjusting to your new life as a skinny person! * Find answers to these and tons more questions: * Which is more important: diet or exercise? * How much is the right amount of food for me? * What do I order at a restaurant? * How do I avoid Starvation Mode? * How do I lose fat in that one irritating area? * How often should I weigh myself? * Do I have to give up sodas? Diet sodas? Alcohol? * How quickly can I lose the weight and is my goal reasonable? * Should I just accept my squishy body and love it? (and, most importantly) * Am I ready to meet the Real Me? This book has changed lives. * There's no reason your life can't be next.*

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