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## Reach Your Weight Loss Destiny and Keep Your Skinny Victory!: Stop the Diet and Learn to Live-It! (Paperback)

By Bernita Scott Weston

AUTHORHOUSE, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 2005 she weighed in at 246 pounds and was labeled clinically obese. Not long after she was diagnosed with hypertension. Feeling both defeated and deflated it was time to live healthy. Many years of eating the wrong foods, lack of exercise and nutrition finally caught up with her. After seeing a research study that 95 to 97 percent of people, who lose weight gain it back, plus more within 2 to 4 years, she was determined to beat the odds. With extensive research, education, trial and error and nearly 2 years later, she loses 96 pounds and is taken off of blood pressure medication for good. Keeping the weight off now for nearly 6 years she has proven that statistics don't dictate her future. She shares the real reason for obesity and why many people struggle keeping the weight off!.



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