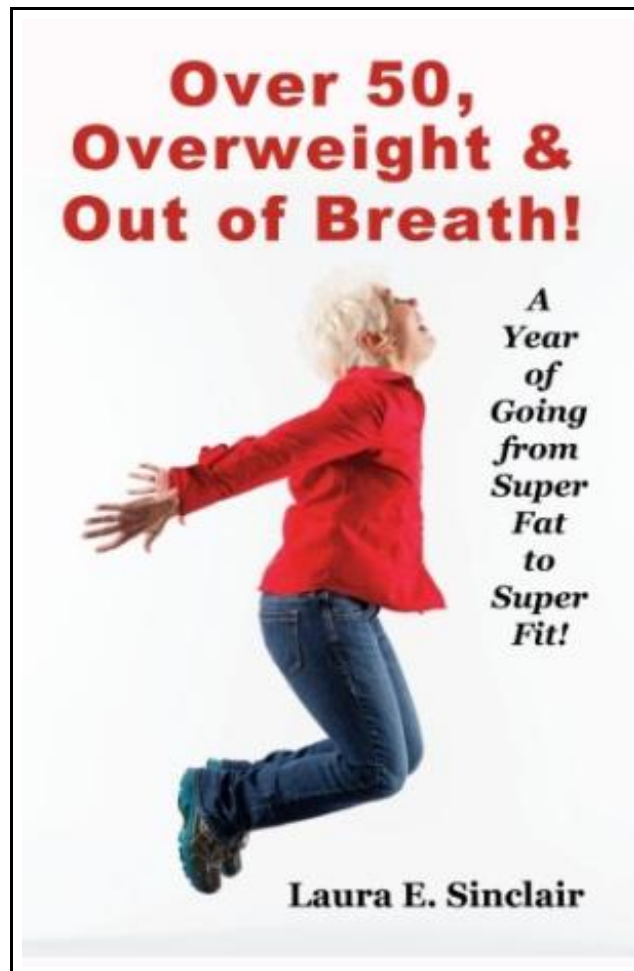


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OVER 50, OVERWEIGHT OUT OF BREATH: A YEAR OF GOING FROM SUPER FAT TO SUPER FIT. (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit. Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with this diagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I watched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in. -LAURA SINCLAIR At 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health and happiness. -Learn how Laura lost over 40 of her body weight and kept it off. -How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.



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