



# **The Me I Knew I Could Be: From 292 Pounds to Peace, Happiness, and Healthy Living -- a program for women.**

*Crystal Phillips*

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**The Me I Knew I Could Be: From 292 Pounds to Peace, Happiness, and Healthy Living -- a program for women.** Crystal Phillips

The death of Crystal's beloved brother made her realize that life is too precious to waste. In *The Me I Knew I Could Be*, she shares the tips and revelations that helped her slim down, and enjoy life again.

Inside, you will learn:

- \*The power of journaling
- \*How to be prepared for emotional setbacks
- \*How to eat well and take care of yourself without deprivation
- \*Delicious recipes for favorite comfort foods and how to make them light and healthy
- \*Two weeks of sample menus
- \*Empowering stories of other women who lost weight
- \*How to form your own fitness workshop

*The Me I Knew I Could Be* is both the inspiring personal story of Crystal's weight loss and a practical, helpful, usable guide for anyone who wants to lose weight, get healthy, and embrace life.

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A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a guide. The book The Me I Knew I Could Be: From 292 Pounds to Peace, Happiness, and Healthy Living -- a program for women. it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book offers high quality.

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