



1 Year, 100 Pounds: My Journey to a Better, Happier Life

Whitney Holcombe

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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 advice, *1 Year, 100 Pounds* follows Whitney’s journey to battle obesity, negative self-image, and peer ridicule. Through following a healthy diet and exercise routine, Whitney shed the pounds without pills, trainers, or surgery. And along the way, she discovered the confidence to love her body.

Reviewed by experts in the fields of diet, health, and fitness, with a foreword by Dr. Joseph Colella, a leading bariatric surgeon who endorses Whitney’s method of healthy weight loss over surgery, *1 Year, 100 Pounds* is a personal guidebook packed with tips for making healthy food choices, easy exercises, and inspiration that empowers you to change your own life.

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Chris Barrentine:

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love 1 Year, 100 Pounds: My Journey to a Better, Happier Life, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its known as reading friends.

Mildred McConkey:

The book untitled 1 Year, 100 Pounds: My Journey to a Better, Happier Life contain a lot of information on it. The writer explains your girlfriend idea with easy technique. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new time of literary works. It is easy to read this book because you can keep reading your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site in addition to order it. Have a nice study.

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