



## No Sweatpants Diet

By Pam Meily

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 354 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. Real weight loss inspired by a multitude of mistresses and lifestyles of the dead. This book could be worth a 20-pound to 100-pound weight loss if you're willing to try it. Since the book was released months ago, one reader has gone from weighing 220-pounds to 180-pounds for a 40-pound weight loss. Weight loss is possible. No Sweatpants Diet has all the makings of a Hollywood drama, yet it is a true story happening all across America. It is a modern day gripping tale of mistresses, mayhem, a massacred marriage, and... a metamorphosis, a mission in recovery, moderation and weight loss. Weighed down in life by a sea of sweatpants, Pam Meily shares her own recipe for transformation by facing her past, discovering the truth in the present, finding forgiveness, rebuilding her life and embracing an extraordinary future. Do you really want to lose weight? Do you want to rebuild your self-esteem? Do you want to believe in yourself again? Help is here. No Sweatpants Diet is a raw, real, honest approach to weight loss and rebuilding lives....



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