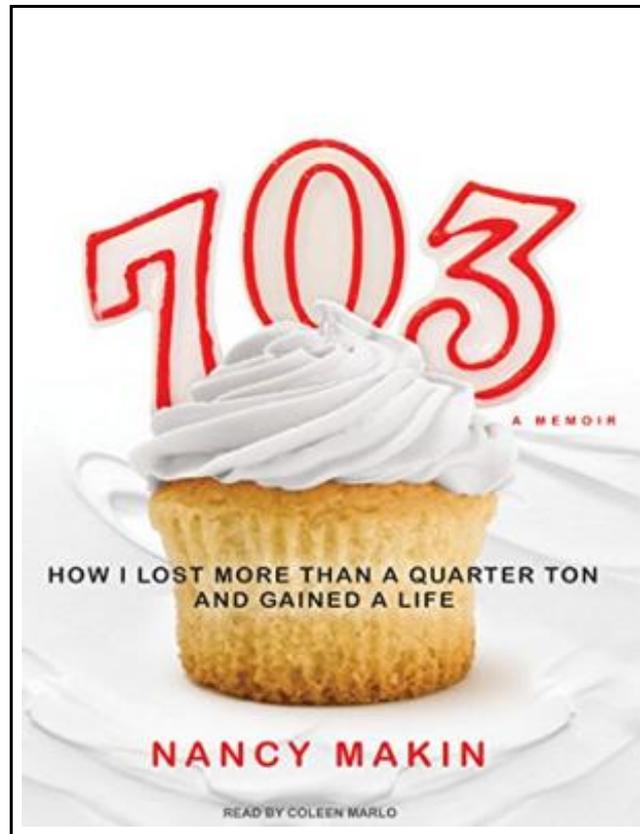


703: How I Lost More Than a Quarter Ton and Gained a Life



Filesize: 9.25 MB

Reviews

This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

(Mr. Zachariah O'Hara)

703: HOW I LOST MORE THAN A QUARTER TON AND GAINED A LIFE

DOWNLOAD



Tantor. No binding. Book Condition: New. Audio CD. Dimensions: 6.6in. x 6.5in. x 1.0in. A moving, funny, tongue-in-cheek, and deadly serious story about how one woman lost and then found herself by going online. Nancy Makin weighed an astounding 703 pounds in May 2000. She was forty-five years old and suffered from diabetes and other obesity-related maladies. Thanks in equal parts to shame and logistics, she had been homebound for a dozen years. But all that changed after a gift from her sister: a computer. A technophobe, Nancy ignored it for months, until finally boredom and curiosity pushed her into cyberspace. And there, in a political chat room, she found the friendliness, the connection, the acceptance she had been missing for so long. Nobody flinched when Nancy spoke up; people treated her with the same respect accorded to anybody else. Thanks in great part to these new emotional connections, Nancy's life was transformed. She followed no particular diet plan; no pills, potions or ab-crunching exercises played a part. There was no silver bullet, no magical, elusive ingredient and yet today Nancy has lost more than 530 pounds. Nancy's tale is one of redemption, a story of reevaluating her worth and insisting she had value simply because she was human. It will show a growing America that there is hope, there's always hope. . . if you believe! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



[Read 703: How I Lost More Than a Quarter Ton and Gained a Life Online](#)



[Download PDF 703: How I Lost More Than a Quarter Ton and Gained a Life](#)

Related eBooks



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 1 Save the Whale

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 185 x 72 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Save Document »](#)



Your Premature Baby The First Five Years by Nikki Bradford 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Save Document »](#)



Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 282 Publisher: Higher Education Pub. Date :2009-01-01 version 2. This book is...

[Save Document »](#)



I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

[Save Document »](#)



Li Xiuying preschool fun games book: Lingling tiger awesome (connection) (3-6 years old)(Chinese Edition)

paperback. Book Condition: New. Paperback. Pub Date: 2010. Pages: 30 Language: Chinese in Publisher: Time Publishing and Media Co. Ltd. Anhui Children's Publishing House Hi. you do! I called Lingling Tiger. my vision is to...

[Save Document »](#)