



## Thinspired: How I Lost 90 Pounds: My Plan for Lasting Weight Loss and Self-Acceptance (Paperback)

By Mara Schiavocampo

Gallery Books/Karen Hunter Publishing, United States, 2015. Paperback. Book Condition: New. Reprint. 213 x 140 mm. Language: English . Brand New Book. This inspirational book from two-time Emmy Award winning journalist Mara Schiavocampo takes you on her journey of weight loss and helps you shed pounds and find peace, health, and happiness in the process. Like so many people, Mara Schiavocampo struggled with her weight for most of her life. She tried every diet on the planet, suffered a debilitating eating disorder, joined a bizarre food cult, took dangerous pills, worked out incessantly and still tipped the scales at nearly 230 pounds. But more than reaching a healthy weight, Mara wanted peace and freedom from the constant mental torment brought on by food. A healthy and effortless way of life. For the rest of her life. With those goals in mind, she transformed her habits. While juggling a marriage, new baby, and a budding television career as a correspondent on NBC, Mara accidentally stumbled onto a formula that worked for her. She lost ninety pounds in two years and is now stronger and fitter and, most importantly, happier than ever. The most surprising part her new lifestyle? It s not...



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### Reviews

*This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Natalie Abbott**

*This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.*

-- **Rene Olson**

## Other Books

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### [You Wrong for That \(Paperback\)](#)

Time Warner Trade Publishing, United States, 2006. Paperback. Book Condition: New. Reprint. 168 x 106 mm. Language: English . Brand New Book. After leaving her cheating husband, Rhea thinks she ll be alone forever. Then, in walks Davis Hickman, an attractive, sophisticated...

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### [Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids \(Bedtime Stories for Ages 4-8\): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories \(Christmas Books for Children\) \(P](#)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...

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### [And You Know You Should Be Glad \(Paperback\)](#)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...

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### [The Stories Mother Nature Told Her Children \(Paperback\)](#)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...

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### [Finally Free \(Paperback\)](#)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...

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### [Odd, Weird Little \(Paperback\)](#)

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! \* At last: a humorous, useful and pedantry-free book about bullying! -- Kirkus Reviews (starred) Readers who love Louis...

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