



Shape Shifting: The Alchemy of Losing Weight and Keeping It Off

By Sharon Kay Ma

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Friends describe Sharon Kay as real -- likeable and approachable. In Shape Shifting she talks candidly about her physical, mental, emotional and spiritual struggles with morbid obesity and her solutions. It is not a how-to book, but rather a how-I-did-it book, with sufficient information and illustrations for the reader to develop their own plan for changing their life. In Sharon's own words, I have walked in your shoes. Not only have I been morbidly obese, but: 1) have been in two abusive marriages; 2) have a bladder with diminished capacity and a diagnosis of Interstitial Cystitis; 3) have lived at poverty-level on Section 8 housing and food stamps; and 4) moved 750 miles with no guarantee of a job, no savings and an income of less than \$1,000 a month, leaving family and friends, in order to rise above the welfare state. Don't give me your excuses. They aren't reasons. Admittedly, I am not a minority or physically or mentally challenged. However, if you're reading this book, you are capable of...



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