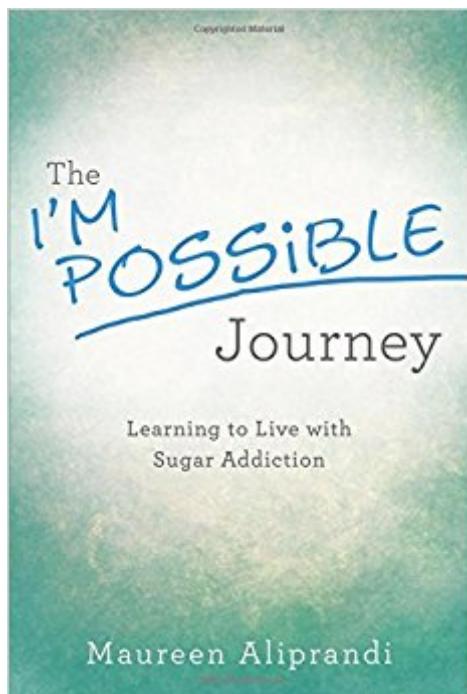


The book was found

The I'm Possible Journey: Learning To Live With Sugar Addiction



Synopsis

When fifteen minutes of mindlessly eating a bag of day old pastries and an almost full carton of ice cream derailed yet another diet attempt, Maureen Aliprandi realized she might have better used that time to save fifteen percent or more on car insurance. Well, not exactly. Here's what really happened. Maureen Aliprandi discovered she was a sugar addict. With this enlightenment, she stopped her impossible cycle of dieting; took control of feeling better; and began to lose (and keep off) extra pounds. For someone who had spent much of her life struggling with the scale—often losing weight only to gain even more back—it was a huge accomplishment. The bigger takeaway, though, was regaining health of her mind and body. This inspirational collection of poems and prose (about triumphs and woes) highlights how Maureen changed her paradigm and lost more than seventy-five pounds. She shares insights of her journey from being manipulated by an inner sugar monster to being in control of her foods and her moods. Maureen's clear and friendly voice will encourage you in your own journey to good health by showing you how to:^{*} take control of what you eat; ^{*} abandon excuses that prevent you from living a healthier lifestyle; ^{*} develop eating guidelines that work for you; ^{*} keep weight off after losing it. Rediscover your life and change your eating habits for good with the practical guidance and hilarious wordplay in *The I'm Possible Journey*. You will find that you are possible, too!

Book Information

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Customer Reviews

"Offers wonderful insight into the range of emotions that are often experienced in the struggle to

make healthy life-long changes. An invaluable resource for those who are seeking to replace emotional eating with mindful eating."-Julie Peterson MS, Registered Dietician"Maureen has a nimble way with words and a clear and informative style that encourages and supports the reader. This book should resonate with many-weight and health warriors, of course-but also with people who want to learn about improving their lives and living better."-Jena C. Henry, author of The Golden Age of Charli series.Stopping by to say thank you for sharing your story in "I'm Possible"! I've read it once and there were so many things that resonated with me, I'm reading again & highlighting! Thank you! -note from a Weight Watchers Community Blogger.

My initial purpose for publishing this book was to have a reference guide to turn to for motivation and inspiration as I continue to manage my sugar addiction. That purpose is a success. This book is my best cellar. A foundation for my continued success.My expanded purpose is to share my story with the world at large to possibly give hope to someone else wanting to be a little less large. I want to encourage others to find out they're possible, too. And maybe help them laugh a little along the way.Ã Thanks for reading this. If you read my book and enjoy it, tell someone else about it. They just might thank you, too!

An honest insightful read that encourages and motivates me to believe I can do it too. I recommend this to anyone who wants to make some changes to become healthy and needs help getting started. The author makes you ask yourself just what it is that's holding you back and why aren't you doing something about it. Plus her humor is infectious and it makes you want to meet her in person and say "Thank You"

Once you start reading this book, it's hard to put it down. It's full of poetry, prose and puns. You don't have to have a sugar problem to enjoy the journey with the writer. Definitely a five star book.

As someone on her own weight loss journey, this book gave me support and new ideas. It gave me realistic hope. It reminded me what a great tool writing can be, and it is a reminder to find and use the tools that work for you. The author is a wordsmith, and I loved all the different views she brought by focusing on words in poetry and prose.

This is truly a wonderful and inspirational book, not just for those who have a sugar addiction, but for those with any sort of addiction they are trying to overcome. It was truly enjoyable to read. For a

book on such a serious topic, the author was able to get her point across with humor and a wonderful way with words. I would highly recommend it.

Written from the heart with some good ideas for the folks who are addicted to sugar!

Delightful prose on positive coping as the author journals her travels through dealing with the affects of sugar on body chemistry and health.

I found very useful info in this book. I am happy with my purchase.

Very informative.

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