



## No Sweatpants Diet

*Pam Meily*

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## **No Sweatpants Diet** Pam Meily

“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.

Pam Meily went from simple living in Pennsylvania Amish country to a rocky Hollywood marriage in Los Angeles. With marital vows shattered, she gained weight and lost herself.

In No Sweatpants Diet, Meily shares the secrets she discovered for losing weight, rebuilding your life, and starting over with an entirely new approach and perspective.

You are not alone.

Weight loss is finally possible!

There is an obesity epidemic.

The Official No Sweatpants Diet is the answer to stop the epidemic from growing by helping one person at a time through a process of revisiting our past, revising our food choices, reprogramming our bodies and retraining our minds. This book offers a course of action to completely renovate and rejuvenate lives.

This is the Official Guide to a Better Life After Sweatpants.

The Official No Sweatpants Diet is a powerful true story that guides the reader step-by-step through rebuilding your life and losing weight.

Learn how to finally lose weight, release the past, live in the present and plan for the future.

The Official No Sweatpants Diet is inclusive and welcomes everyone to join the No Sweatpants Movement.

It's a book you won't be able to put down. The No Sweatpants Diet is empowering and gets you motivated to

take action in your spiritual life, emotional life and physical life. Learn about balancing your own Life Dominoes.

If you're married, you won't be the same after reading this book. This is a book that could save your marriage and change your life. You may look at your spouse in a whole new light.

Learn from the author and finally live the life you only dream of now. Embrace being healthy by reaching a normal weight.

This is no fad diet.

This is no gimmick.

This is no starvation diet.

This book shares the fact that maintainable weight loss is a process.

Lose weight, move, maintain, love and live!

There is a worldwide obesity problem.

In 2013, about 2.1 billion people worldwide were obese or overweight, according to a new study funded by the Bill & Melinda Gates Foundation.

Being overweight and obesity are causing a global health challenge. We need to help each other navigate the waters of obesity for real change.

If you enjoyed the films The First Wives Club starring Bette Midler, Goldie Hawn and Diane Keaton along with The Other Woman starring Leslie Mann, Cameron Diaz and Kate Upton, you will love No Sweatpants Diet. Only difference between this book and the movies - this is a true story of mistresses and mayhem.

There's only one question left.

Do you know where your husband or your lover is at this very moment?

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In this 21st millennium, people become competitive in each and every way. By being competitive now, people have do something to make these individuals survives, being in the middle of the crowded place and notice by simply surrounding. One thing that occasionally many people have underestimated it for a while is reading. Yep, by reading a reserve your ability to survive improve then having chance to stay than other is high. To suit your needs who want to start reading any book, we give you that No Sweatpants Diet book as beginning and daily reading publication. Why, because this book is greater than just a book.

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