

# The Romance Diet

## By Destiny Allison

Sunstone Press, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Brave, raw, and unflinchingly honest, this book is a weight loss journey, a love story, a heart beating loudly on the page. Every day we battle against something-injustice, our spouses, our weight. Seldom do we acknowledge the real wars we wage. Repressing feelings and silencing our voices, we suffer under the surface, attributing emotional distress and unwanted pounds to the inescapable effects of hormones or age. But weight gain, anxiety, and marital difficulties aren t always so easy to explain. In her poignant and touching memoir, Allison doesn t offer recipes, exercise tips, or advice. Instead, she shows us how to stand up, express what we want, and develop empathy for ourselves and the people we love. In doing so, she provides invaluable insight for those seeking to lose weight, save a marriage, or make a significant life change. Includes a Readers Guide. \*\*\*\*\* Destiny Allison is an award winning artist, author, and businesswoman. When an injury required her to re-envision her life, Allison did what she always does. She applied her explosive...



#### Reviews

Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover.

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