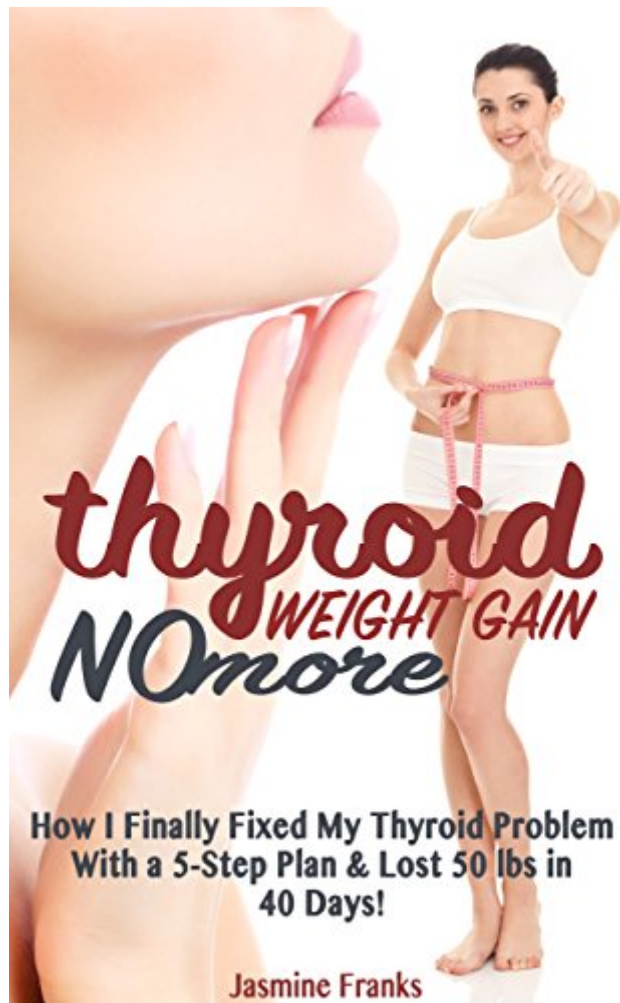


The book was found

Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With A 5-Step Plan & Lost 50 Lbs In 40 Days!



Synopsis

If you have a thyroid condition and you find yourself gaining weight and feeling tired for no reason, then this is the book for you.

Book Information

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#195 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

Customer Reviews

This book could have been condensed into a pamphlet. 95% of the book is all about her personal struggles, her fears and the "why". There 's only a few pages that really focus on the "how", and those pages are fragmented. I could have cared less about her fears. She lost focus.

All this is, is this the author talking about her life, her past, her feelings... Blah, blah, blah... It gives absolutely no information on what she does to manage her thyroid issues. There is no supplement or diet advice in this book at all. Its time in my life that I'm never getting back. Thanks Jasmine...

Jasmine, the character of the story believes that losing weight is much simpler then changing your whole lifestyle to be able to keep weight off for good that you have already lost. I do agree with her. I have tried on a number of occasions to change my life style so that I can try and keep weight off that

I have been trying to loose. It's not easy at all. The easiest way to do this is to just try techniques to lose weight and keep it off. That's why I found this book a great book to read. It gave some really good tips on how to just focus on losing weight instead of trying to change your whole life. It speaks about a great way to diet and also speaks of how some think it's not easy to forget our past but we have to try and eating right and living healthy is a good way to help you do that. Great book to read and very inspirational.

When you have a Thyroid problem, the "normal" weight loss steps aren't going to work for you. You need someone who has been there, who understands. This book is just for you. The motivation and step by step process is all there. You deserve better and this book can make it happen for you. I highly recommend this book if you have thyroid problems and want a change for the better.

I bought Jasmine Franks book to learn more about thyroid problems and weight loss. What I actually got was a truly inspirational story about a girl who literally survived a living hell to triumph over, not only her thyroid problem and weight loss, but over adversity itself in the form of an evil human being. Along with her amazing story, Franks provides the reader with a wealth of information on hypothyroidism and how eating foods that are good for your thyroid will help you boost your hormone production AND help you lose weight. She does not sugar-coat her struggles and is very honest and upfront about her failures, making her very real and someone you can relate to. If you are struggling with thyroid issues or you just need some inspiration, get this book and box of tissues.

Anyone who has Thyroid problems knows the struggles this presents. One of the biggest struggles is weight gain and the difficulties of losing weight and keeping it off. Society seems to think that people use Thyroid problems as an excuse for weight concerns. The reality of the issue is people who suffer from Thyroid problems do struggle with weight. The author of this book gives wonderful insight of how to take control of your weight and how to maintain your weight once you have lost those unwanted pounds. This is an excellent find.

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