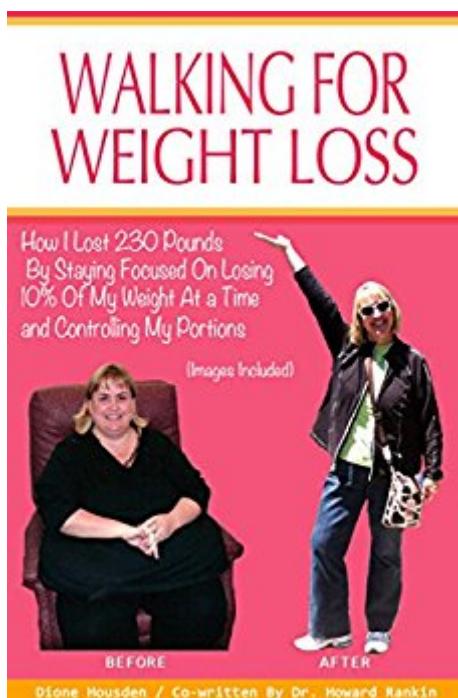


The book was found

# Walking For Weight Loss (Pictures Included): How I Lost 230 Pounds By Staying Focused On Losing 10% Of My Weight At A Time And Controlling My Portions



## **Synopsis**

I lost 228.5 pounds.. and I did it 10% at a time. In this short book I will share with you my journey. I will tell you how at one point I weighted 400 pounds and was found to be diabetic. I will tell you how I got to that point, and more importantly I will share with you the one thing that made me think I could lose all those extra pounds. That's what made it possible, and that's what I want to share with you. This is a short story, but it will show you exactly how I did it! Let's get started.

## **Book Information**

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## **Customer Reviews**

Yes BIG mistake downloading this to Kindle! There was an attachment ( at end of the book!) and it was worded as if it came from the author. It explained how she had discovered a great website with other peoples stories and videos about their own weight loss journey. Because it was on Kindle, I trusted it and downloaded it. Now my friends and acquaintances are getting emails from me with ridiculous links.

I really liked this book. Dione truly inspires you. I am currently striving to lose a total of 90 pounds, 45 of which I have lost in 6 months. Her "lose 10% at a time" goals are really great.

This book speaks about walking and the relationship it has on weight loss. Weight loss does not happen overnight as most of us would like for it to. We need to have a plan in place such as losing 10 percent and once 10 percent is lost try for another 10 percent. You will learn that walking will help you achieve your weight loss goals and the author does an excellent job of explaining how walking and portion control can be used to help to lose weight. The numbers on the scale will come down but not overnight, you will lose weight and keep it off by utilizing the information provided in this book. I recommend this book for anyone who is serious about losing weight and keeping it off.

This kindlebook of Walking For Weight Loss; How I Lost 230 pounds by Staying Focused On Losing 10% of My Weight At A Time and Controlling My Portions by Dione Housden, Dr. Howard Rankin contains information such as the pivotal moment that influenced the author to make significant changes to how she approached weight loss. She also freely admits that it took her about 9 months to lose the first 100 pounds and the second 100 pounds came off after the second year while it took her a third year to lose 30 pounds. I acknowledge that it took bravery/courage on the author's part to admit this because her disclosure on how long it took is in this kindlebook for the purchasing world/general public to see. She also generously shares that she made the time to walk about three miles every day (with her confession that some days the three mile walking took 45 minutes while other days walking 3 miles took an hour).

No matter how inexpensive this book is, it isn't worth the price. It's not a book so much as an essay. I was reading what I thought was the foreward and it was the WHOLE "book." Plain and simple she just tells you that she lost 10% of her weight at a time. I don't remember her talking much at all about walking. She does include pictures....just a couple randomly scattered. Not at all the inspiration I was looking for. She just threw together her story in the simplest form.

I was expecting more for the price. I read the entire thing in about half an hour. But at least I give the author credit for honestly sharing her experience, and her tip of breaking weight loss into 10% increments at a time is not a bad idea.

I loved the short story. I want to get the book that's mentioned at the end but the link isn't working, nor is the title named. Help! The 10% plan discussed in this short story sounds doable. Very glad I downloaded this short story.

Not worth the price. It's not a book, it's a pamphlet, and it's not from a professional publisher. You can read it in about 10 minutes. It's a great little essay by a charming, nice woman---but there's hardly enough to make a blog post. And note the reviewer who warned against clicking on the links at the back---you'll download a virus.

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Hair Loss Black book, Baldness) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Weight Watchers: Essential Tips For Losing Weight Along With Added Easy And No Hassle Recipes (Dieting, Health, Exercise, Vegan, Habits, Drop Pounds) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation)

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