



# **Fit from Within: 101 Simple Secrets to Change Your Body and Your Life--Starting Today and Lasting Forever**

*Victoria Moran*

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# Fit from Within: 101 Simple Secrets to Change Your Body and Your Life--Starting Today and Lasting Forever

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**Fit from Within: 101 Simple Secrets to Change Your Body and Your Life--Starting Today and Lasting Forever** Victoria Moran

**A bestselling self-help author's proven prescription for losing weight and keeping it off with no pills, no gadgets, no gimmicks, and no dieting**

Each year, Americans invest more time, more energy, and more money--\$33 billion! --trying to lose weight. Yet, the rates of obesity and related illnesses, such as diabetes and heart disease, continue to climb at an alarming pace. Statistically, heroin addicts have better odds of kicking their habit than food junkies do of kicking theirs. After decades of crash dieting and self-recrimination, Victoria Moran chanced upon a very basic truth about weight loss that allowed her to lose 60 pounds and keep it off for 17 years and counting. In *Fit from Within*, she shares with you what she learned and outlines a complete mind-body approach to attaining and maintaining your ideal weight.

Writing with the sensitivity of one who's been there, she helps you to understand and confront the emotional and spiritual roots of your unhealthy relationship with food and to make the personal transformation from a prisoner of food to being free to live a happier, healthier, more fulfilling life.

"This is the book everyone plagued with extra pounds has been waiting for. Fresh, clear, and compassionate, and--this is the clincher--it works." --Richard Carlson, author of *Don't Sweat the Small Stuff*

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