



5 More Pounds (Paperback)

By Vera Hollis

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I know 5 more pounds is an odd name for a title, but it s the basis of my saga. Throughout this short story, I plan to cover several periods in my life. So forgive me if I bounce around a bit while recalling different events. I ll do my best to keep them in a somewhat understandable order, while I tell you about my weight demon. Have you defeated your weight demon? Or is food still a comforting friend for you on good days, but a teasing enemy on others? Like me, are you still allowing the old 5-pound rule to control your life?.



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