



## Fit 4 the Master: Overcoming Weight Loss Obstacles Because the Master Has Need of You (Paperback)

By Shela a Brown

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Help To Overcome Weight Loss Obstacles The journey to lose weight is not an easy journey. For the author, Shela Brown, it especially wasn't easy with a track record of getting 3rds or 4ths at buffet restaurants and making secret rendezvous trips to donut shops, convenient stores or the snack aisles in the grocery store. Shela's STORY starts in the rooms of 12 step program, but a moment in the cookie aisle of the grocery store drastically shifted her journey in a different direction that required a STRATEGY to overcome the spiritual warfare attacks that led to her being over 300 pounds. This STRATEGY has her and others walking as victorious warriors in this Weight Loss Battle.



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