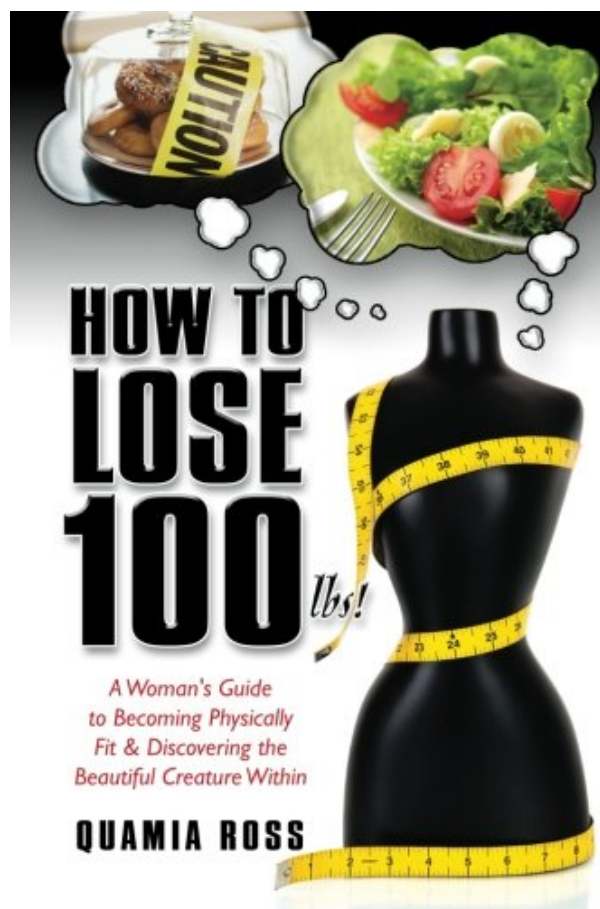
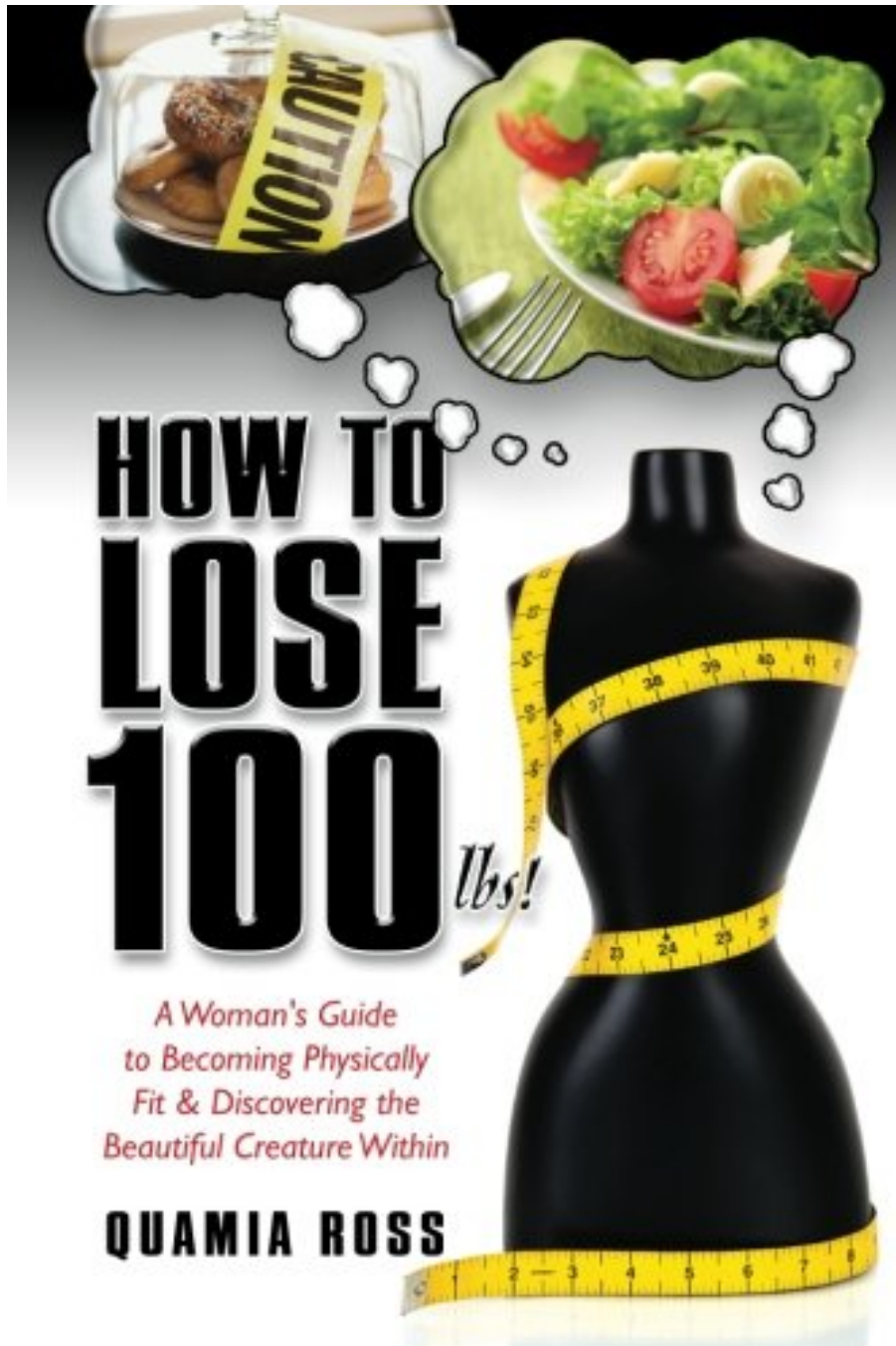


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From the Author

"I'm not a weight-loss expert or fitness guru, I'm a woman who defied the odds by losing nearly 100 lbs. without the aid of a personal trainer, surgery, or weight-loss pills. I'm living proof that achieving a significant amount of weight-loss is possible. Now that I've been able to accomplish the daunting task of losing 96 lbs, I want to share the tools I used with you, so you may begin to transform your life by improving your health, appearance, and confidence. Enjoy!"

About the Author

Quamia Ross is a freelance column writer. She discovered her unique gift of writing at the young age of 6. As a child she'd read and write for hours. Quamia published her first book on 6/8/11. It's a fitness guide intended to encourage, motivate, and equip women with the pertinent tools & resources to lose weight. Quamia knows the difficulties involved with losing weight and acquiring optimal health. In 2010, she lost an astonishing 96 lbs. Her natural passion for inspiring and helping others prompted her to write a fitness guide to enable other women to overcome the challenges and struggles she faced during her journey.

Quamia is also a mother. She enjoys devoting her time to her children, reading, cooking, running, and traveling. Currently, she is in the process of completing her next project which is an empowerment book for women.

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Quamia reveals the tips and resources which enabled her to achieve an astonishing weight-loss success of 96 lbs. while providing pertinent advice to help women overcome the typical challenges and obstacles faced when trying to lose weight and acquire good health. This book contains a host of resources and beneficial information regarding nutritious eating and exercise. Laced with testimonials from various women who've obtained weight-loss success, as well as the author's inspiring story, this book serves as both a beneficial tool and encouraging device to women who are seeking to obtain weight-loss and optimal health.

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