

It Was Me All Along A young food blogger shares her inspiring story of incredible weight loss--a journey from nearly 300 pounds to losing more than half her size--and establishing a healthy and confident relationship with food. On her twentieth birthday, Andie Mitchell stepped on the scale and discovered that she weighed nearly 300 pounds. At 5' 9"--even knowing that she was big and hating herself for it--she was stunned. How had she gotten there? Without following wild diet trends, she lost 135 pounds over thirteen months and has kept it off for six years. It Was Me All Along shares the at times heartbreaking, yet ultimately uplifting and motivating, story of how Andie kicked her habit of binge eating, which she developed during a traumatic childhood, and developed a healthy relationship with food, which she still loves to cook and enjoy. Her story is at once familiar and inspiring to millions who have struggled with weight and self-image issues. Andie is a powerful motivator who bravely bares all to help others. ...more It Was Me All Along PDF ebook

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