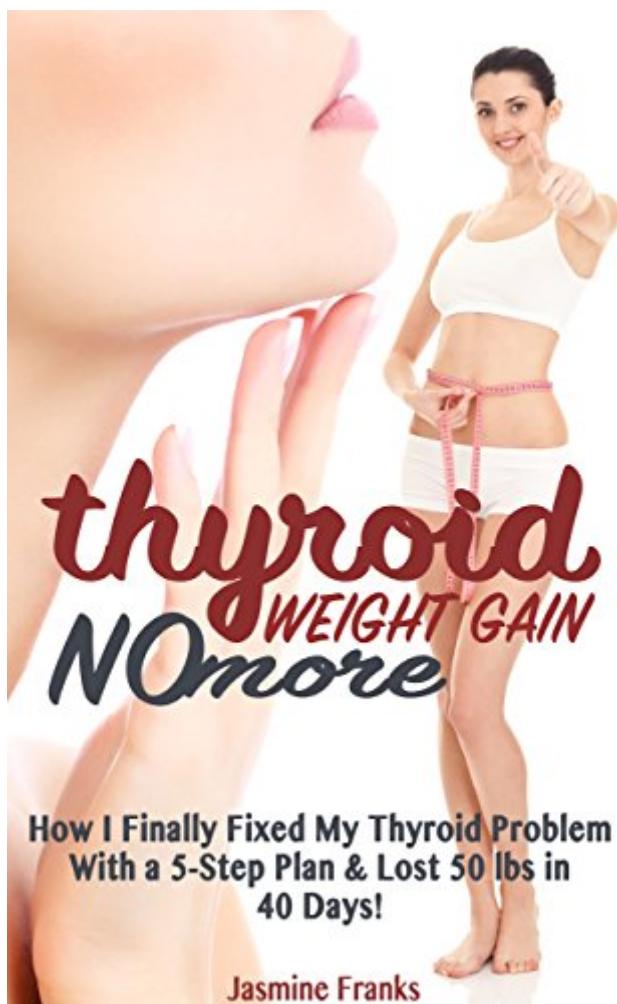


The book was found

# Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With A 5-Step Plan & Lost 50 Lbs In 40 Days!



## **Synopsis**

If you have a thyroid condition and you find yourself gaining weight and feeling tired for no reason, then this is the book for you.

## **Book Information**

File Size: 750 KB

Print Length: 35 pages

Publisher: Talent Writers (May 27, 2015)

Publication Date: May 27, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00YDMDK76

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #252,433 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #101 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #264 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #329 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

## **Customer Reviews**

Was not informative. Felt like I wasted my time. It was well written.

Nothing new, I didn't already know!

Jasmine, the character of the story believes that losing weight is much simpler than changing your whole lifestyle to be able to keep weight off for good than you have already lost. I do agree with her. I have tried on a number of occasions to change my life style so that I can try and keep weight off that I have been trying to lose. It's not easy at all. The easiest way to do this is to just try techniques to lose weight and keep it off. That's why I found this book a great book to read. It gave some really good tips on how to just focus on losing weight instead of trying to

change your whole life. It speaks about a great way to diet and also speaks of how some think it's not easy to forget our past but we have to try and eating right and living healthy is a good way to help you do that. Great book to read and very inspirational.

When you have a Thyroid problem, the "normal" weight loss steps aren't going to work for you. You need someone who has been there, who understands. This book is just for you. The motivation and step by step process is all there. You deserve better and this book can make it happen for you. I highly recommend this book if you have thyroid problems and want a change for the better.

This book could have been condensed into a pamphlet. 95% of the book is all about her personal struggles, her fears and the "why". There's only a few pages that really focus on the "how", and those pages are fragmented. I could have cared less about her fears. She lost focus.

First of all, this is an inspirational book about a young woman who had a living nightmare in her youth and overcame the abuse and the physical and mental problems that came with it. This is not a list of foods you can and can't eat or a step by step. I read it so fast that I went back and read it a second time. The emphasis here is on this young lady's recovery story. She does give a short version of what she did to lose the 50 pounds in 40 days, but it isn't a typical diet book. Don't rate the book badly because it wasn't what YOU call a diet book. I, personally, HAVE all the do's and don'ts. What I need is the inspiration to get off the couch and get moving. Jasmine inspired me and I have started my own story. That's 5 stars to me.

All this is, is this the author talking about her life, her past, her feelings... Blah, blah, blah... It gives absolutely no information on what she does to manage her thyroid issues. There is no supplement or diet advice in this book at all. Its time in my life that I'm never getting back. Thanks Jasmine...

No for reasons stated above. More entertaining than a how to book. Title is a bit misleading. W would make for good reading if you are looking for true life stories.

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Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Ketogenic Diet for Dummies: How I lost 10 lbs & 2 inches Off My Belly and Hips in Just 45 Minutes a Week (My fitness program weight loss and build muscle by Martin Jackson) Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Ketogenic Diet: The Complete Step-by-Step Guide for Beginners to Lose Weight and Get Healthy (Ketogenic Recipes, Weight Loss, Low Carbs, Step by Step Guide, Ketogenic Cookbook, Keto For Beginners) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Savannah,GA in 3 Days Travel Guide 2017: A 72 Hours Perfect Plan with the Best Things to Do in Savannah: A Step-by-Step Plan on How to Enjoy 3 Amazing ... Savannah.Save Time&Money-20 Local Secrets

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