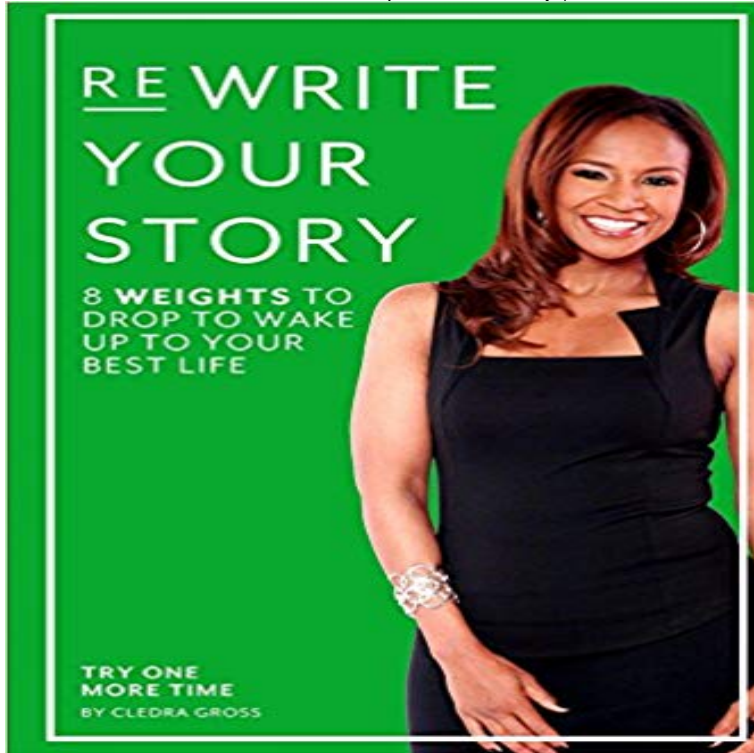


ReWrite Your Story: 8 Weights to Drop to Wake Up to Your Best Life



ReWrite Your Story: 8 Weights to Drop to Live Your Best Life is a story of the authors journey from tragedy to triumph, of dropping over 70 lbs of physical weight and gaining an entirely new life. Exhausted, defeated, and in a yo-yo cycle of weight gain and loss, Cledra McCullers Gross overcame heartbreak, her husbands infidelity, a devastating miscarriage, and other emotionally overwhelming setbacks that resulted in significant weight gain to discover that the weight she added wasnt just physical, but emotional, mental, and spiritual. Most books and programs start with what to do with your body. This book starts with what to do with your mind, emotions, and spirit, because the bottom line is that extra physical weight is a reflection of extra weight in other areas of our lives. After 20 years of joining, quitting, and rejoining every weight loss program available, including Lap Band surgery, only to discover that while they all worked, they all worked very differently to get AND keep the weight off. Where traditional programs focus on what you should eat or drink and how much you should exercise, this book focuses on changing what you crave by dropping not only physical weight, but emotional and spiritual weight. When you drop weight in all three areas (physical, emotional, and spiritual) it doesnt matter whats being served because your appetite will permanently change. You will crave the people AND the food that can support you, not add more weight to you. Cledra has distilled her message into 8 Weights you must lose before the physical weight follows: The Weight of Contradiction and Conflict; The Weight of I Cant Believe This Happened to Me!; The Weight of The Way It Was Supposed to BE; The Weight of a Struggling Goodbye; The Weight of Excess Body Weight; The Weight of the V.A.L.E.Y.; The Weight of Unforgiveness; and The Weight of a Suffocating Story.

The result is a refreshing perspective on how to overcome adversity, focus on what's important, and let go of beliefs and limitations that keep the weight on.

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