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# 1 YEAR, 100 POUNDS: MY JOURNEY TO A BETTER, HAPPIER LIFE



Simon Pulse/Beyond Words. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.8in. x 8.3in. x 0.2in. Part cheerleader, part drill sergeant, Whitney Holcombe chronicles how to transition from the fat girl to being a healthy, confident young woman. At age fourteen, Whitney Holcombe stepped onto her bathroom scale and a number glared up at her: 230. That number controlled her life until one day she went for a walk that changed everything. A little bit memoir and a whole lot of...

### Read PDF 1 Year, 100 Pounds: My Journey to a Better, Happier Life

- Authored by Whitney Holcombe
- Released at -



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