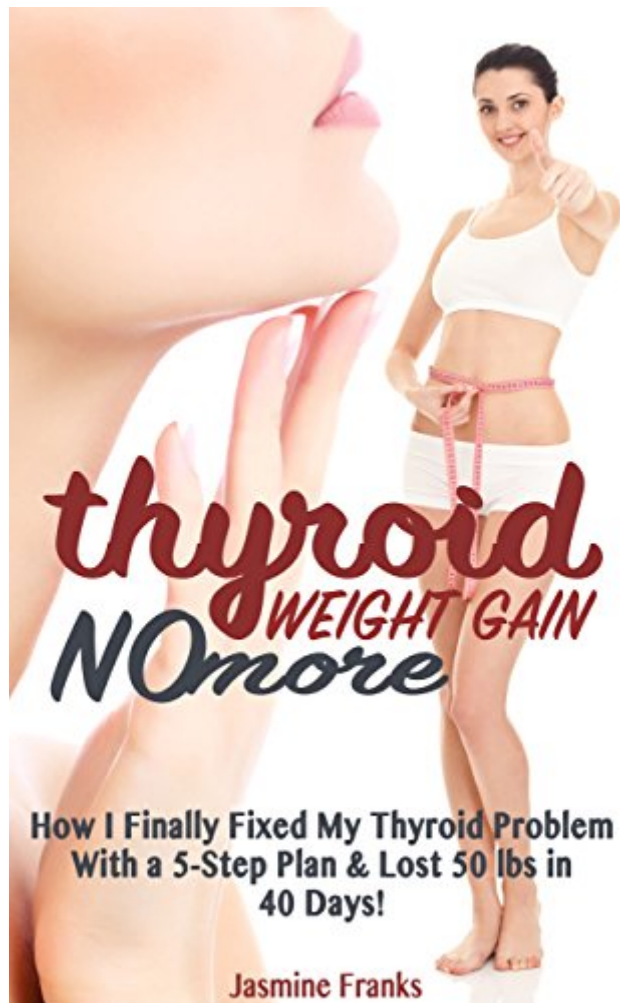


The book was found

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: 748 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: Not Enabled

Best Sellers Rank: #153,608 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #182

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

#195 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

Customer Reviews

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.

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...

Jasmine, the character of the story believes that losing weight is much simpler then changing your whole lifestyle to be able to keep weight off for good that 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 loose. 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.

I bought Jasmine Franks book to learn more about thyroid problems and weight loss. What I actually got was a truly inspirational story about a girl who literally survived a living hell to triumph over, not only her thyroid problem and weight loss, but over adversity itself in the form of an evil human being. Along with her amazing story, Franks provides the reader with a wealth of information on hypothyroidism and how eating foods that are good for your thyroid will help you boost your hormone production AND help you lose weight. She does not sugar-coat her struggles and is very honest and upfront about her failures, making her very real and someone you can relate to. If you are struggling with thyroid issues or you just need some inspiration, get this book and box of tissues.

Anyone who has Thyroid problems knows the struggles this presents. One of the biggest struggles is weight gain and the difficulties of losing weight and keeping it off. Society seems to think that people use Thyroid problems as an excuse for weight concerns. The reality of the issue is people who suffer from Thyroid problems do struggle with weight. The author of this book gives wonderful insight of how to take control of your weight and how to maintain your weight once you have lost those unwanted pounds. This is an excellent find.

[Download to continue reading...](#)

Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40 Days! Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers: Fast Start For

Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) 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) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Topological Fixed Point Principles for Boundary Value Problems (Topological Fixed Point Theory and Its Applications) Ketogenic diet for dummies: Discover how lost 10 lbs & 5 inch of my belly and hips in just 45 minutes a week (My Fitness program weight loss and build muscle by Martin Jackson Book 2) 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) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) 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) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 lbs & Found Freedom WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes)