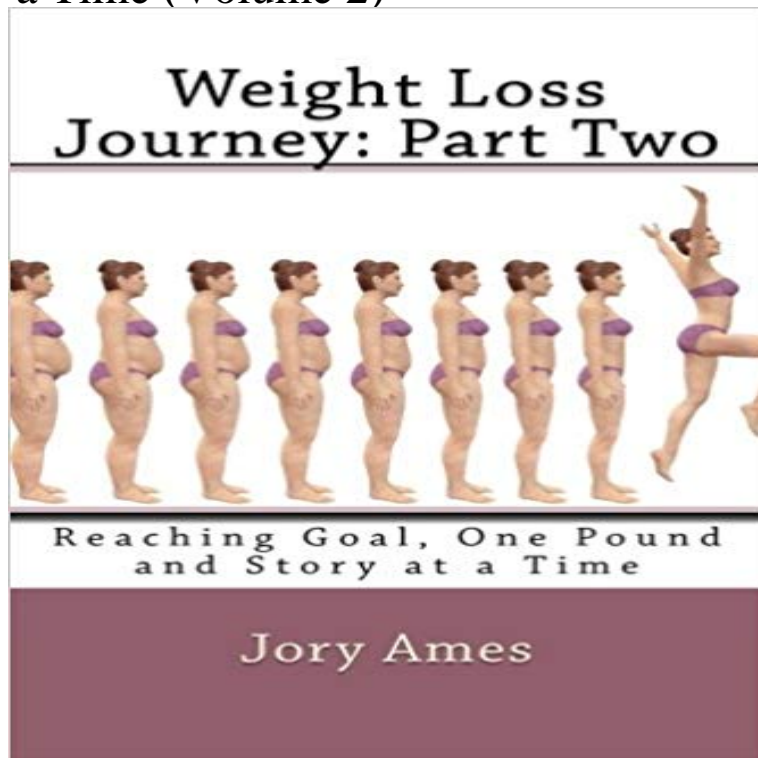


## Weight Loss Journey: Part Two: Reaching Goal, One Pound and Story at a Time (Volume 2)



In her first weight loss book, Jory Ames set out on a journey to lose 50 pounds in 6 months. Her original goal and approach changed as she discovered the ease and comfort of living healthy. This book is her journal to final goal, which was slightly less than she originally planned for but at the same time so much more than she hoped for or expected, all through healthy living. The changes in her life, appearance, and physical abilities are detailed through true stories and photographs. On her way to goal, Jory faced obstacles, such as the physical pain of fibromyalgia, a sudden need for surgery, and the loss of her beloved older dog. Incredibly, she also faces a two-month weight-loss plateau, despite increasing her exercise. Still, she finds her way through without turning to food, as she always has before during lifes trials. This story is intended to be inspiring, entertaining, and even practical, as she details every inch, pound, calorie, and step. In a year and half, Jory Ames lost 86 pounds and never fears gaining it back again. This book explains why she has that confidence and how you can too.

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