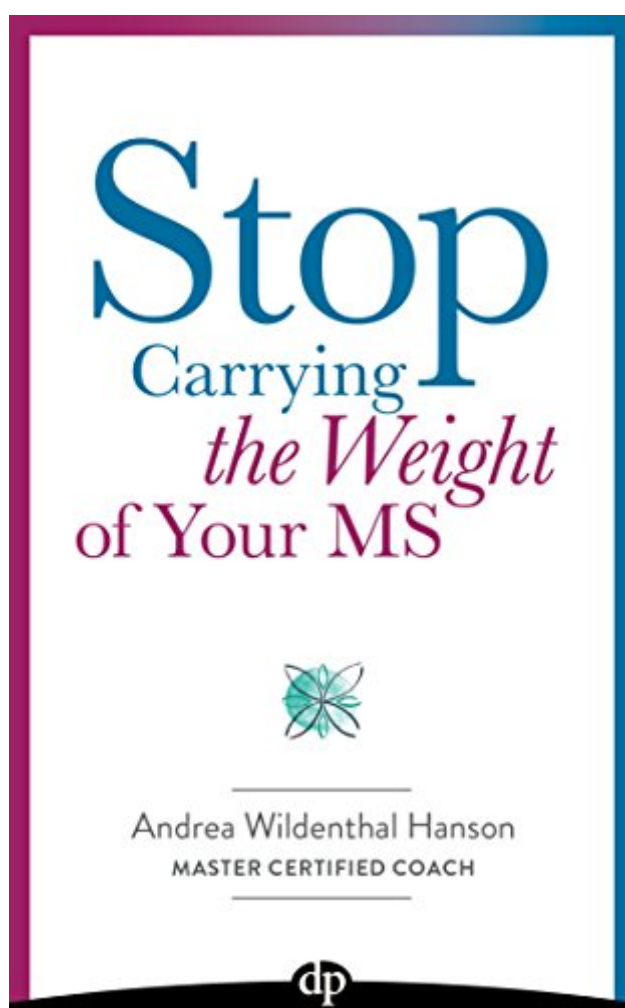


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# Stop Carrying The Weight Of Your MS: The Art Of Losing Weight, Healing Your Body, And Soothing Your Multiple Sclerosis



## Synopsis

Make your own rules for weight loss instead of breaking someone else's! Losing weight doesn't have to mean sacrificing your happiness especially when you want to do what's best for your body and your MS. If you're ready to make your health a top priority and find your individual answer to healing your body, what's inside this book is an essential piece of the puzzle. Losing weight is a known solution to slowing multiple sclerosis progression and making symptoms more manageable. But diets can be very complex and restrictive, leaving people to feel lacking and like they're failing at staying healthy. The good news is losing weight doesn't have to be like that. Building on books like Terry Wahls' The Wahls Protocol, and other MS diet books, Hanson moves beyond intense diets and regimens to help her readers create a new way of eating that is sustainable and customizable. Diagnosed with multiple sclerosis in 2000, Hanson found the key to lasting lifestyle change is making personally meaningful decisions. This book can help you end intense dieting and lose weight in a steady, consistent way. Get the support you need while making the changes you choose that work for you. Lose weight and create workouts that help you feel great. Understand precisely how to evolve your plan as your body changes. Know exactly how to stay motivated for the long-term (not just at the beginning). This book moves beyond the basic do-as-I-say approach to provide you with the skills to maintain a healthy body and life.

## Book Information

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## Customer Reviews

Andrea's latest book was such a great read. It was light and easy but at the same time had some real personal eye-openers in there for me. Always having been a "thin" person my whole life, over the past few years my body has changed a lot and for this reason I've become a serial dieter, bouncing around from one product to the next looking for the "magic one". I believe that by applying the principles Andrea lays out in the book, I'm going to really be able to get off this product rollercoaster and make some long lasting changes and I'm really excited about that!!! Andrea really shows you how to take ownership of your health and weight in a way that makes you feel empowered. As an integrative nutrition health coach who's read so many books on health and diets, I expected the book to be like most books where the author speaks to you about what they did and how it worked and then expects if you do it that it will then work for you. Andrea is different, she totally gets that this is bioindividual! She gives you the tools to use and it will be up to you to make it happen. Using simple case studies, you will see a bit of yourself in each one of these and realize this will be easier than you thought to live a healthy life by listening to your own body. Simply brilliant!

I can't describe how helpful this book is. I bought it and read it in one day. It's like a million little shifts from struggle to ease. I would have never known to consider my MS and health concerns from the perspectives provided. Total Relief. ...this author really gets into your mind and provides a road map accompanied by the peace of mind I needed. Highly recommend this book!

That extra Oomph! that we all can use to help reach our potential, delivered in a positive and honest manner. Andrea is that person, that friend, that radiates sunshine and positive energy. Valuable advice from someone who has experience in what she is writing about.

Straightforward and succinct, this powerful read coaches you through eating for your body, starting

and staying with an exercise routine, and creatively analyzing the reasons you may waver. What stands out is the author's emphasis on how thoughts and motivation levels can get in the way -- and what you can do about it. A quick read but definitely worth it. It's an investment in your health.

A great quick read for people dealing with multiple tough issues. Good insights into a situation that is unique to people with MS.

I loved reading your book! So insightful and full of knowledge that anyone with a chronic illness could use and find the positive motivation to get healthy. I would definitely recommend to friends and family. Thank you for the work you're doing to offer hope to anyone with a diagnosis of MS. - Debra O.

This book is so refreshing and insightful. There are many practical tips and thought-provoking questions to help anyone in their weight loss journey. I love the ideas about listening to my body. I am excited to start implementing the book's strategies.

I read the book and it's so positive. It gives you several examples using people stories on how they were successful and unsuccessful. The positives about not being unsuccessful with weight loss is that you can make the appropriate adjustments so it works for you and your situation. The biggest thing I learned, it's about attitude toward self and the choices you make. This is definitely a keeper and it can work for anyone. Thank you Andrea for another great book.

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