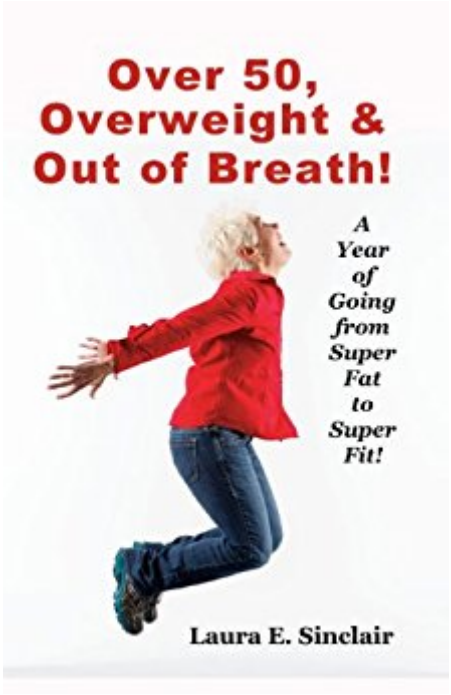
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Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit



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Synopsis

This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit."Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with thisdiagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I switched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in." -LAURA SINCLAIRAt 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health andhappiness.-Learn how Laura lost over 40% of her body weight and kept it off.-How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.

Book Information

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Health

Customer Reviews

Quick easy read, very motivational. Ms Sinclair had already decided to turn her health around when she suffered a major ankle fracture (all three bones). She used that life-changing event to truely focus on her health goals! She stayed off sugar during her recovery and reported to the gym as soon as she was able. She gradually cleaned up her eating habits as she gained fitness in the gym. She didn’t rush, and lost 80 pounds over the course of a year. She is an engaging writer, and includes considerable common diet and health information along the way. This is an excellent book for someone who would like to turn their health around but doesn’t really know how to do it. It’s also excellent if you’re just starting your journey with a fractured ankle. I only gave it 3 stars because I would expect a longer read for $6.99, and the last few chapters become a bit repetitive, as if she was trying to stretch it out. I still recommend it, however. I’m glad I read it.

I generally am a big fan of weight loss and other self improvement books. This one, however, was little more than an expanded magazine article. The personal illustrations were a bit flat and colorless. Several passages were retold in different chapters. Not inspiring enough to recommend.

I could not put this book down. At first I thought this book was just going to entertain me, but she came through with ideas and answers to help me to lose weight. I am so glad that I bought this book. It is highly recommended. Yes, this is the one that helps.

Any weight loss book can be helpful. The authors book is better than most. She is like so many of us who find ourselves described as "overweight" or "morbidly obese" as the author indicated she was by her clinician. What was really helpful was her advice to begin describing oneself in a positive light; not negatively. We can’t beat ourselves up but need to just get on with better habits; eat less and better, and exercise more. It’s simple but not so simple but all of us can do it.

Ms. Sinclair gives a great account of her own personal story from unhealthiness to a healthy living style. I appreciate her attention to personal narrative. This book is like reading the inner mind of your next door neighbor, which is refreshing as it’s obviously written by someone like you and me and not a overly-published author who cannot relate to me. Thanks for a good, quick read!

I so enjoyed this fantastic inspirational book. I appreciated the fact she didn't note her exact menu. Different things work for different folks, however we all share the same struggles, ups and downs. That is what i appreciate from the authors book. All the best to the author, Laura Sinclair

This book would be a shorter than 132 pages if she didn't repeat she lost 90 lbs etc. Hard to believe she is a motivational speaker because it would totally bore people with the repetition.

I was hoping for an inspirational read about the ups and downs of overcoming the challenges of weight loss. This was more of a straight-line narration. Broke leg. Stopped eating sweets. Started counting calories and working out.This doesn't diminish her accomplishment--it just wasn't a compelling read. I didn't feel any empathy or emotional connection to the author.I am still impressed by anyone who can lose weight and keep it off, especially after age 50. Also, I very much liked the quotes at the beginning of the chapters.

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