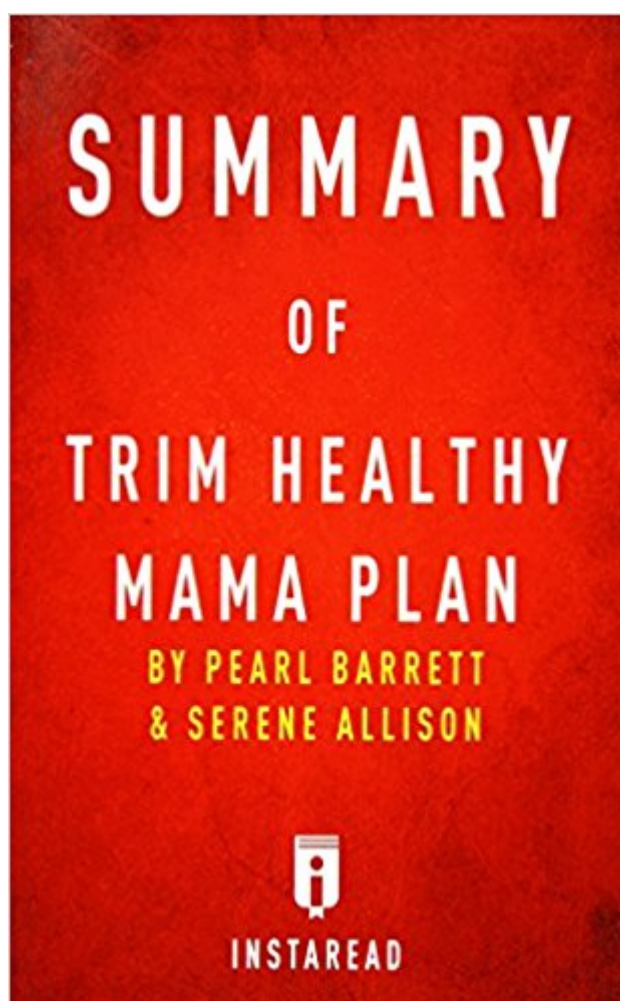




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Summary Of Trim Healthy Mama Plan: By Pearl Barrett And Serene Allison | Includes Analysis



Synopsis

Summary of Trim Healthy Mama Plan by Pearl Barrett and Serene Allison | Includes Analysis
Preview: Trim Healthy Mama Plan is a nonfiction guide to ditching diets and adopting a holistic, healthy way of eating that promotes weight loss and overall well being. Co-authors Pearl Barrett and Serene Allison are sisters who eventually arrived at the same place in their dieting and weight journey "a place they call *edone*. They were fed up with restrictive diets that simply weren't sustainable or pleasant. So they turned to their Christian faith to gain a biblical perspective on lifestyle and nutrition. Since God made all foods, not a single food group should be off limits. Regardless of the reader's faith, Trim Healthy Mama Plan offers a pleasurable, low-key approach to weight loss, weight gain, or weight management. Eating healthier doesn't have to be a miserable experience. In fact, with a kinder, gentler approach to weight loss, eating is a treat. There's no need to limit whole food groups | PLEASE NOTE: This is a key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Trim Healthy Mama Plan by Pearl Barrett and Serene Allison | Includes Analysis Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co.

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Excellent intro to the Trim Healthy Mama plan.

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