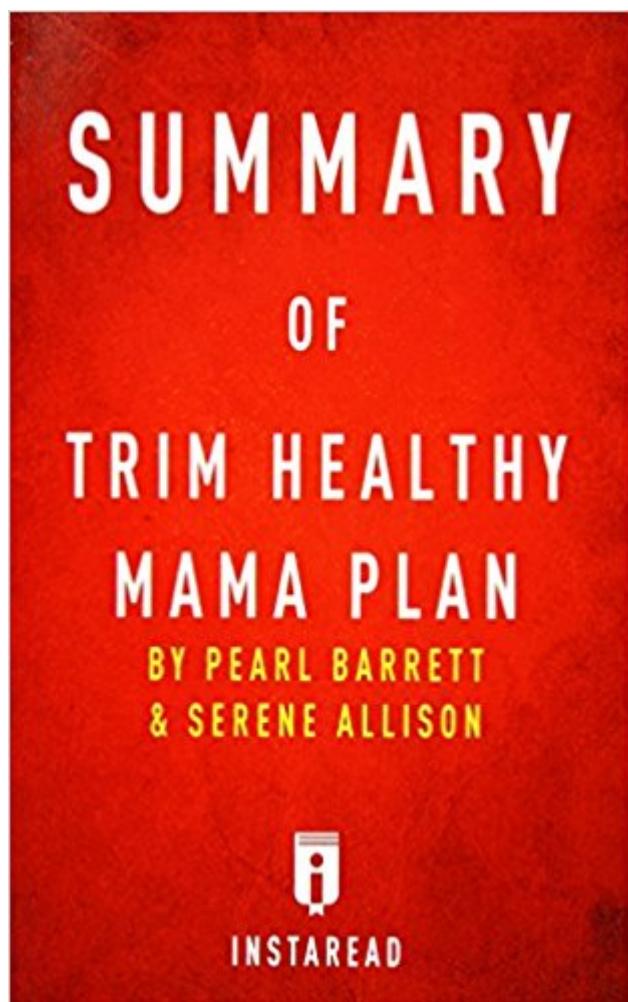


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Summary Of Trim Healthy Mama Plan: By Pearl Barrett And Serene Allison | Includes Analysis



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 “done.” 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 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

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Excellent intro to the Trim Healthy Mama plan.

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