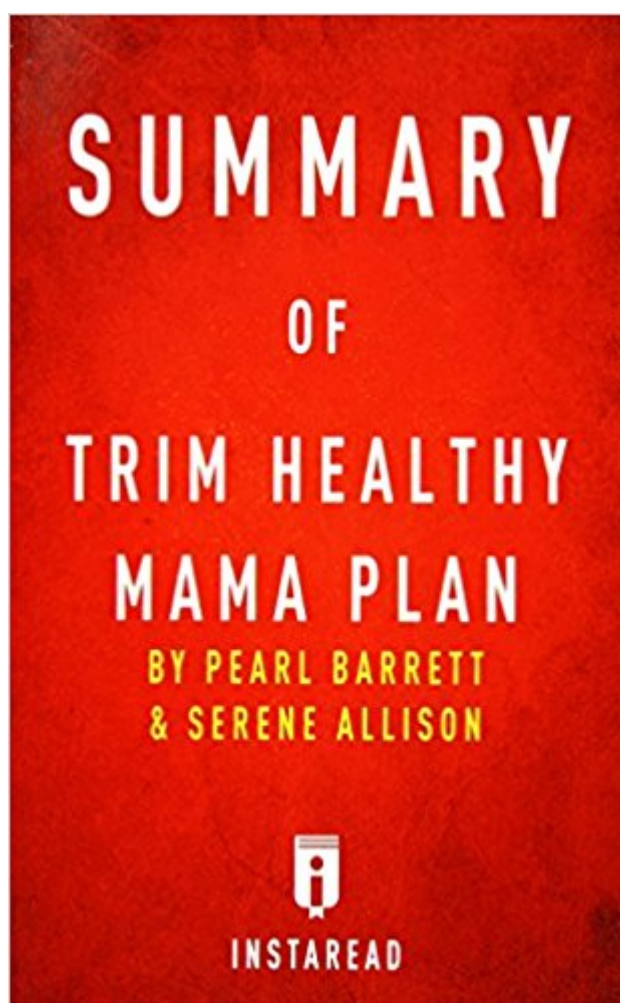


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Summary Of Trim Healthy Mama Plan: By Pearl Barrett And Serene Allison | Includes Analysis



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 journeyâ€”a place they call â€œedone.â€• They were fed up with restrictive diets that simply werenâ€™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 readerâ€™s faith, Trim Healthy Mama Plan offers a pleasurable, low-key approach to weight loss, weight gain, or weight management.& Eating healthier doesnâ€™t have to be a miserable experience. In fact, with a kinder, gentler approach to weight loss, eating is a treat. Thereâ€™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 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 the Trim Healthy Mama plan.

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