



My Journey Through Weight Loss

Bobbie Sue Messer

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Bobbie's journey was a tough one; it has left lasting marks on her; ones that will stay with her for the rest of her life. She hopes that with her information maybe other's lives will be so much better than hers was and is. In this book you will journey with Bobbie down her road of weight Loss. You will read about everything she did to lose 100 pounds and keep it off; even with three more pregnancies. She will tell you the stores that she bought most of her supplies: like Walmart, Kroger, Ebay and Amazon.com; just to name a few. She will also tell you about all the exercise equipment she has used through the years. Wanting her children to be healthy; Bobbie decided to add a section in it about helping her daughter lose weight as well. Please remember that she is not a professional; please check with your doctor before you do anything at all.

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