

How To Lose 100 Pounds By P. Seymour

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When Jaylene started out, she had over 100 pounds to lose. The mere thought of that was very overwhelming for her. So, she focused on only achievable increments; not

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100 pounds 100 days

Instead of thinking Oh my god I have to lose 30 pounds in 4 months how am I ever going to you ll probably never be 100 pounds unless you resort to unhealthy

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