



Drink More Wine: How I Lost 60 Pounds

Mary Anne Sheehan

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The idea of losing weight can be overwhelming, especially in a world full of busy personal and work lives, the constant bombardment of fastfood temptations and nonstop advertising, and even our own self-denial.

Author Mary Anne Sheehan tell the story of her own personal struggle with weight and how she took control of her life by setting fitness, health, and nutrition goals. In an account that is both humorous and earnest, she describes her own personal revelations, unexpected setbacks, and the milestones to help her achieve her personal goals-even without sacrificing a daily glass of red wine! Join her as she provides insights and tips for how you too can begin (or renew) your commitment to getting healthier and remaining medicationfree.

You have nothing to lose but the weight!

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