



Squeezing Your Size 14 Self Into A Size 6 World: A Real-Woman's Guide to Food, Fitness and Self- Acceptance

Carrie Myers Smith

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STOP BEING SOMEONE YOU WERE NEVER MEANT TO BE! CREATE YOUR OWN CUSTOMIZED WELLNESS PLAN WITH COACH CARRIE MYERS SMITH Have you ever browsed through the latest magazines or fashion shows and felt pressured to change who you are? Have you tried to meet other people's expectations, only to find yourself disappointed or worn out. How many diet books and articles have you purchased while chasing an unrealistic body image? Are you ready to give up on the whole fitness scene? Don't! Instead, stop trying to squeeze yourself into molds that were never intended for you in the first place with the help of author Carrie Myers Smith. Through special "Coaching Moments" Carrie will teach you how to apply practical, realistic solutions to be the woman you were created to be! It's like having your own personal wellness coach! She'll also show you how to dump the old garbage that has been blocking your success. In the end, you'll create your own Indi-FIT-ual Plan to guide you to lasting success. Let Carrie teach you How to conquer head games and body games The keys to successful self-care How to control stress, so it doesn't control you How to unclutter your life to create more room for wellness Overcome the obstacles that lead to fitness failure Find a fitness plan that fits you How to discover your eating personality (and use it to your advantage!)

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