

Like so many people, Mara Schiavocampo had struggled with weight for most of her life. She tried every diet on the planet, suffered a debilitating eating disorder, joined a bizarre food cult, took dangerous pills, worked out for insane amounts of time-and still tipped the scales at nearly 230 pounds. But more than reaching a healthy weight, Mara wanted peace and freedom from the constant mental torment brought on by food. A healthy and effortless way of life-for the rest of her life. And thats what she found. While juggling a marriage, new baby, and a budding television career as a correspondent on NBC, Mara accidentally stumbled onto a formula that worked for her. She lost ninety pounds in two years and is now stronger and fitter-and, most importantly, happier-than ever. In Thinspired, Mara shares her weight-loss secrets and the formula for her success plan. Instead of focusing strictly on dos and donts, she talks about eliminating the foods that have control over you-whether thats wine, flour products, dairy, or sugar. By following in Maras footsteps, youll lose the pounds and gain back your energy, control, health, and happiness.

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