



# Walking My Way Back To Me

*Joan M Minnery*

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## **Walking My Way Back To Me** Joan M Minnery

Get ready to cheer, be psyched up to be energized and stand by with a box of Kleenex. Joan Minnery's invigorating *Walking My Way Back To Me* is a smile enhancing triumphant journey that will ignite your spirit to root all the weigh to the finish line!!!

*Walking My Way Back To Me* is Joan Minnery's very raw hauntingly honest autobiography of living on the large side of life; featuring the truth behind how she successfully transformed her once poisoned body from a sob story into a successful adventure novel.

*Walking My Way Back To Me* is an EPIC Love Story of a mother's deeply emotional physical quest to save the life of her son's mom.

Since 2010, Joan has shed half of herself through her own motto "Put Down The Fork & Get Moving." In 2010, Joan weighed close to 300 pounds; in the fall of 2012 and 2013, Joan was voted Brantford's BEST Fitness Instructor. She was also awarded the Queen's Diamond Jubilee Medal for her dedication towards leading others towards Health, Wellness & Fitness. Joan runs her own weight loss support network where she works with men and women struggling with their own food addictions and dealing with weight loss, healthy nutrition and fitness. Joan's journey to a healthier life style has inspired a community; transforming her personal journey into a weight loss revolution.

Joan's very high profile weight loss success story has been featured in the International Magazine FIRST For Women, CNN, Shape Fit website, Brantford Expositor, Brant Advocate, Huffington Post website, Paris Star, Brant News, Brant Connection, FITBrant Magazine, B Scene, CHCH News, CKCO Noon News, Rogers Community Television, and Fat Free TV.

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#### **Winston Nakashima:**

This Walking My Way Back To Me book is simply not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this publication incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. That Walking My Way Back To Me without we understand teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry Walking My Way Back To Me can bring once you are and not make your bag space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This Walking My Way Back To Me having excellent arrangement in word as well as layout, so you will not feel uninterested in reading.

#### **Kenneth Kan:**

Spent a free time to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled Walking My Way Back To Me can be very good book to read. May be it may be best activity to you.

#### **Scott Harrington:**

The book untitled Walking My Way Back To Me contain a lot of information on the item. The writer explains your ex idea with easy method. The language is very clear and understandable all the people, so do not worry, you can easy to read this. The book was written by famous author. The author will bring you in the new era of literary works. You can actually read this book because you can read more your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site in addition to order it. Have a nice go through.

#### **Jennifer Jackson:**

Is it an individual who having spare time after that spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Walking My Way Back To Me can be the response, oh how comes? A book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

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