



I Finally Understand!: A Personal Weight Loss Story

Deb Micinski

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I Finally Understand! is my personal success story of losing weight. I'm a 47 year old middle class working wife and mother of two. My battle with weight didn't begin until I was 20 years old and started dieting to lose 10 pounds. Six years later those 10 pounds had soared to 40!! I share "my story" and experiences with traditional diets, exercise, etc., but mainly focus on the realistic, common sense approach that finally worked for me as well as the tips, tricks and philosophies I learned along the way. I also discuss the importance of developing a healthy mind and spirit and its vital role in achieving life long success. My system advocates a realistic, "socially forgiving" approach that promotes a positive, personalized mind/body/soul methodology. I lost 35 pounds in 5 months and have been able to keep it off for 20 years!! I was introduced to the Law of Attraction via Oprah's show on "The Secret" about a year after completing this book. I'd never heard of the Law of Attraction before but was immediately captivated. I couldn't believe what I was hearing! I know stuff!! This is the same type of thing I wrote about in my book!! I suddenly realized I had, unknowingly, used many principals of the Law of Attraction to lose weight years ago and was even inspired to write a book about it! That's when I knew I had to publish this book! You'll find my story and its relationship to the Law of Attraction featured in the book, Living the Law of Attraction, Real stories of People Manifesting Health, Wealth and Happiness by Rich German and Robin Hoch.

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David Hester:

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Michelle Mills:

The book with title I Finally Understand!: A Personal Weight Loss Story possesses a lot of information that you can find out it. You can get a lot of advantage after read this book. That book exist new understanding the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you in new era of the the positive effect. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Richard Lamm:

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Anthony Bankston:

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