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Weight Loss Journal: The True Story of How I Dropped 30 Pounds in 60 Days

Constance Winborne

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First off, let me just say that even though last year I dropped thirty plus pounds in a period of eight weeks, it was two months of my life that I'll never forget, literally, because I wrote it all down. In fact, the following is a summarization of my actual journal entries that I kept during that time as a way to focus on the personal weight loss plan I set for myself. As women, we all go through a lot in our lives that can affect our bodies, but no health subject for someone like me who is now in her mid-twenties is seemingly more important than my weight.

I'm not a health nut or a personal trainer, so the only way that I feel that I can reach you if you are looking to lose unexpected pounds is to let you know the actual things that I went through. That way, you'll know that I'm an ordinary person that simply had an unhealthy period who is now sharing her story to anyone who may be going through something similar, and who now wants to do something about their weight as well. If that person is you, read on.

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