



The Me I Knew I Could Be: From 292 Pounds to Peace, Happiness, and Healthy Living -- a program for women.

Crystal Phillips

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The death of Crystal's beloved brother made her realize that life is too precious to waste. In *The Me I Knew I Could Be*, she shares the tips and revelations that helped her slim down, and enjoy life again.

Inside, you will learn:

- *The power of journaling
- *How to be prepared for emotional setbacks
- *How to eat well and take care of yourself without deprivation
- *Delicious recipes for favorite comfort foods and how to make them light and healthy
- *Two weeks of sample menus
- *Empowering stories of other women who lost weight
- *How to form your own fitness workshop

The Me I Knew I Could Be is both the inspiring personal story of Crystal's weight loss and a practical, helpful, usable guide for anyone who wants to lose weight, get healthy, and embrace life.

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