

**Donate Your Weight: The Stress-Free Program To Stop
Dieting, Get Slim, And Help Others While Doing It By
Sheri Zampelli**

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Details about Donate Your Weight: The Stress-Free Program to Stop Dieting, Get Slim, and Help

Not defined by the numbers~ made to crave

I have tried almost every weight loss program 4 years to get the weight off. I was doing great until be able to help others! Thank you for your

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Donate Your Weight is a weekly no-diet weight loss podcast that provides with you with tools and techniques to tune in to your own body and become naturally slim

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Donate Your Weight is the Home; Sheri O. Zampelli, This show will give you the support you need to stop dieting and start enjoying food and your body.

I'm not defined by the numbers, chapter 7

So good to be reminded that my weight did not, and does not, stop God from loving me. While I know others and love doing not defined by our weight

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