

## [WHATS A GOOD WEIGHT LOSS DIET](#)



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Really good post Kathleen! Sharing your weight-loss journey with others is so powerful, and helping them through their weight loss goals, self-esteem, and inner will is such a courageous job. While I don't struggle with weight-loss, I do have an aunt that does. She craves for the sugar and carbs once she feels stressed and in low spirits.

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