



BOOK REVIEW

The Story Of Weight Loss

(NAPSA)—A new book highlights commonsense ways people trying to lose weight can tip the scale in their favor.

It traces author Pam Hansen's one-year, 105-pound, weight-loss journey. Hansen shares an honest portrayal of her struggles. The book, called "Running with Angels" (Shadow Mountain, \$14.95), offers these weight-loss tips:

Running with Angels

*The Inspiring Journey of a Woman
Who Turned Personal Tragedy into Triumph
Over Obesity* Pamela H. Hansen



An inspiring book highlights one woman's struggles with—and triumph over—obesity.

1. **Rearrange Priorities.** Hansen put herself first and her family respected and supported her choice.

2. **Record Measurements and Feelings.** This can inspire weight loss.

3. **Make a Dream/Nightmare Book.** Hansen had a photo album of herself at her ideal weight and her heaviest.

4. **Rejuvenate Physically and Mentally.** Exercise promotes a healthy mental attitude.

5. **Replace Bad Habits.** Replace comfort food with comforting books; inactivity with activity.

For more information, visit www.runningwithangels.com.