

# [PDF] Finally Thin!: How I Lost More Than 200 Pounds And Kept Them Off--and How You Can, Too

**Kim Bensen - pdf download free book**

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**Books Details:**

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**Description:**

**Review** “Kim’s inspiration, encouragement, well-thought-out ideas, and leadership by example, helped me lose 86½ pounds in one year and throw out my blood pressure, diabetes, and anxiety medications. I haven’t felt better in three decades. I’m a trial attorney and the verdict is in on Kim: I

love, like, and respect this lady and will forever owe her a huge debt of gratitude."~Jack Golden, age 63, lost 86½ pounds

"Kim is a coach, a teacher, a counselor, and a friend to thousands of people struggling with their weight. She was the motivation and encouragement I needed as I worked hard to change my life. Thanks, Kim!"~ Jason Coles, age 35, lost 106 pounds

"Kim has been the best thing that happened to me as far as guidance, inspiration, and help with my weight-loss journey. I reached my goal of losing 100 pounds with Kim's help ... I have now kept the weight off for more than two years."~ Donna Toth, age 63, lost 100 pounds

*From the Hardcover edition.*

**About the Author** KIM BENSEN lives in Shelton, Connecticut, with her husband and four children.

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