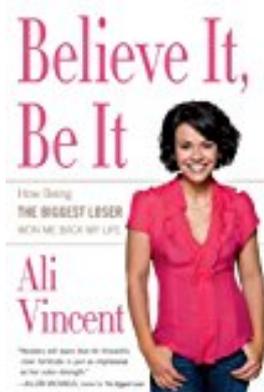


[PDF] Believe It, Be It: How Being The Biggest Loser Won Me Back My Life

Ali Vincent - pdf download free book



Books Details:

Title: Believe It, Be It: How Being

Author: Ali Vincent

Released: 2010-10-12

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Description:

From Publishers Weekly As the first female winner of TV's *The Biggest Loser*, Vincent lost 112 pounds, about 47% of her body weight. As she explains, she shed unhealthy habits and gained an enthusiastic approach to life. She writes, [I]t's an accomplishment that fuels all of my future goals. Vincent's story is one that will be familiar to readers: someone who, despite being an athletic, popular high schooler, by her early 30s was just kind of letting life happen to me—I didn't feel

worthy of wanting anything more for myself. Once she became a contestant on the show (with her mother as her partner), she wanted to win; she shares her strategies for losing weight, navigating the show and engaging more in life. Readers looking to slim down will find lots of helpful tidbits. They're not revolutionary (don't let the scale rule your life, don't get in a workout rut), and though Vincent's penchant for platitudes can be grating, her earnestness and enthusiasm is clear. Includes recipes and before-and-after photos. (*Dec.*)

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Review “America witnessed Ali Vincent’s amazing physical endurance, but in *Believe It, Be It*, readers will learn that her inner fortitude is just as impressive as her outer strength.”—Jillian Michaels, trainer for *The Biggest Loser*

“*Believe It, Be It* reminds everyone of why we fell in love with Ali Vincent in the first place. Her personal journey is one we can all relate to and her success proves that anything is possible—if you believe it.”—Alison Sweeney, host of *The Biggest Loser*

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