



My Journey Out Of Super Morbid Obesity

Cindy Snyder

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Cindy Snyder shares her deepest thoughts, feelings and experiences in this diary/journal in hopes to encourage others and for her to never forget where her God has brought her. Being warned by her physicians that her life was at stake, she knew she did not have the willpower to deliver herself from this bondage. This book is the personal journal of Cindy's journey out of obesity. You will be led through this journey as to what life is like for the super morbidly obese person and is filled with descriptive and explicit hardships that the super morbid obese must daily live with. Cindy has tried to be as open and honest as possible and in some instances very detailed and graphic as to what "life" had become. Cindy not only shares the battles but also lets everyone experience the victories with her. Throughout her journey she shares Biblical teachings, humor and the joy that only God can give during trials in our lives. Her journal covers everything from menus and recipes, surgery and exercise, measurements and weights, personal care, before and after pictures, to her most inner thoughts and feelings. Her documentations will encourage all that read them, from the most slender person with their own struggles to the very obese. Through her journey, faith will be strengthened to believe that with God all things are possible.

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