



# The End of Living Large: Weight Loss in MicroSteps® When You Have a Lot to Lose

*Sue Speake LMFT*

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**The End of Living Large: Weight Loss in MicroSteps® When You Have a Lot to Lose** Sue Speake LMFT

Has your weight dented your self-esteem, almost beyond repair? "The End of Living Large" offers help to the severely obese and others desperate to get weight and health under control. If you're ready to get off the diet roller coaster, "The End of Living Large" is for you. Weighing 315 pounds and humiliated in a world obsessed with thin, Sue Speake struggled to lose weight only to give up, believing she was destined to the misery of obesity. Sue will take you on a journey to help you change your lifestyle for the last time, gently teaching you how to take MicroSteps® to change unhealthy Habits, Routines, Rituals, and Traditions. At "The End of Living Large" is a healthy, average size body and peace from obesity.

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