



# All Is Forgiven, Move On: Our Lady of Weight Loss's 101 Fat-Burning Steps on Your Journey to Sveltesville

*Janice Taylor*

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**An inspiring new book from Janice Taylor? the ultimate weight loss cheerleader**

In *Our Lady of Weight Loss*, Janice Taylor put a new, creative spin on weight loss, offering humor and art projects to make slimming down fun. Now, in *All Is Forgiven, Move On*, Taylor takes us on a journey to Sveltesville?the magical place where we can free ourselves from the food and weight madness for good.

As Taylor explains, to change our bodies we need to radically shift our attitude?get out of our ruts, forgive ourselves for past sins, and move on with a positive outlook. Here she offers 101 forgiving, fun, and fat-burning steps along the road to weight loss to help readers recharge and stay inspired when the journey gets rocky. Each step ends with a ?new point of view??a fresh perspective on weight loss?and includes advice and activities such as:

- ? ?I Can? mental exercises to keep you confidently on track
- ? Fuel stops: indulgent healthy recipes to keep your body moving
- ? Fashion stops: for looking your glamorous best while shedding pounds
- ? Creativity curves: mind-bending activities to keep your perspective expanding

*All Is Forgiven, Move On* is not just a road map for weight loss?it is a journey of reinvention where food is not the main course. With gorgeous and uplifting four-color artwork throughout, this book is for anyone who is ready to make this time *the* time and reach Sveltesville once and for all.

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