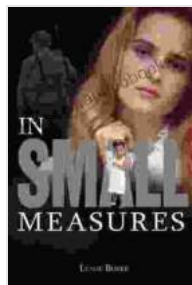


In Small Measures: A Journey to Health and Happiness Through Weight Loss, Fitness, and Self-Acceptance

In this inspiring memoir, Lynne Burke shares her personal journey of weight loss, fitness, and self-acceptance. With candor and humor, she recounts her struggles and triumphs, offering practical advice and insights that will resonate with anyone who has ever struggled with their weight or body image.



In Small Measures by Lynne Burke

★★★★★ 5 out of 5

Language	: English
File size	: 1002 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 386 pages
Lending	: Enabled



Lynne's story begins with her childhood, where she was overweight and bullied for her size. She tried every diet and exercise program under the sun, but nothing seemed to work. Finally, she realized that the only way to lose weight and keep it off was to make a lifestyle change.

Lynne started by making small changes to her diet and exercise routine. She began eating more fruits and vegetables, and she started walking for

30 minutes every day. Over time, she lost weight and started to feel better about herself. She also discovered a love of running, and she eventually completed her first marathon.

Lynne's journey wasn't always easy. She had setbacks along the way, but she never gave up. She learned to accept herself for who she was, and she realized that her worth was not defined by her weight.

In Small Measures is a story of hope and inspiration. It's a reminder that anyone can lose weight and achieve their health and fitness goals. With determination and perseverance, anything is possible.

Praise for *In Small Measures*

"Lynne Burke's story is an inspiration to anyone who has ever struggled with their weight or body image. Her candor and humor will make you laugh and cry, and her insights will help you to see yourself in a new light. This book is a must-read for anyone who wants to lose weight and live a healthier, happier life."

—**Dr. Phil McGraw**

"*In Small Measures* is a powerful and moving memoir. Lynne Burke's journey is a reminder that we are all capable of change, no matter how big or small. This book will inspire you to believe in yourself and to reach for your dreams."

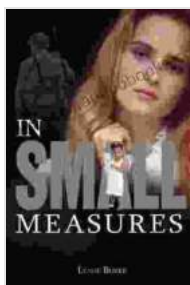
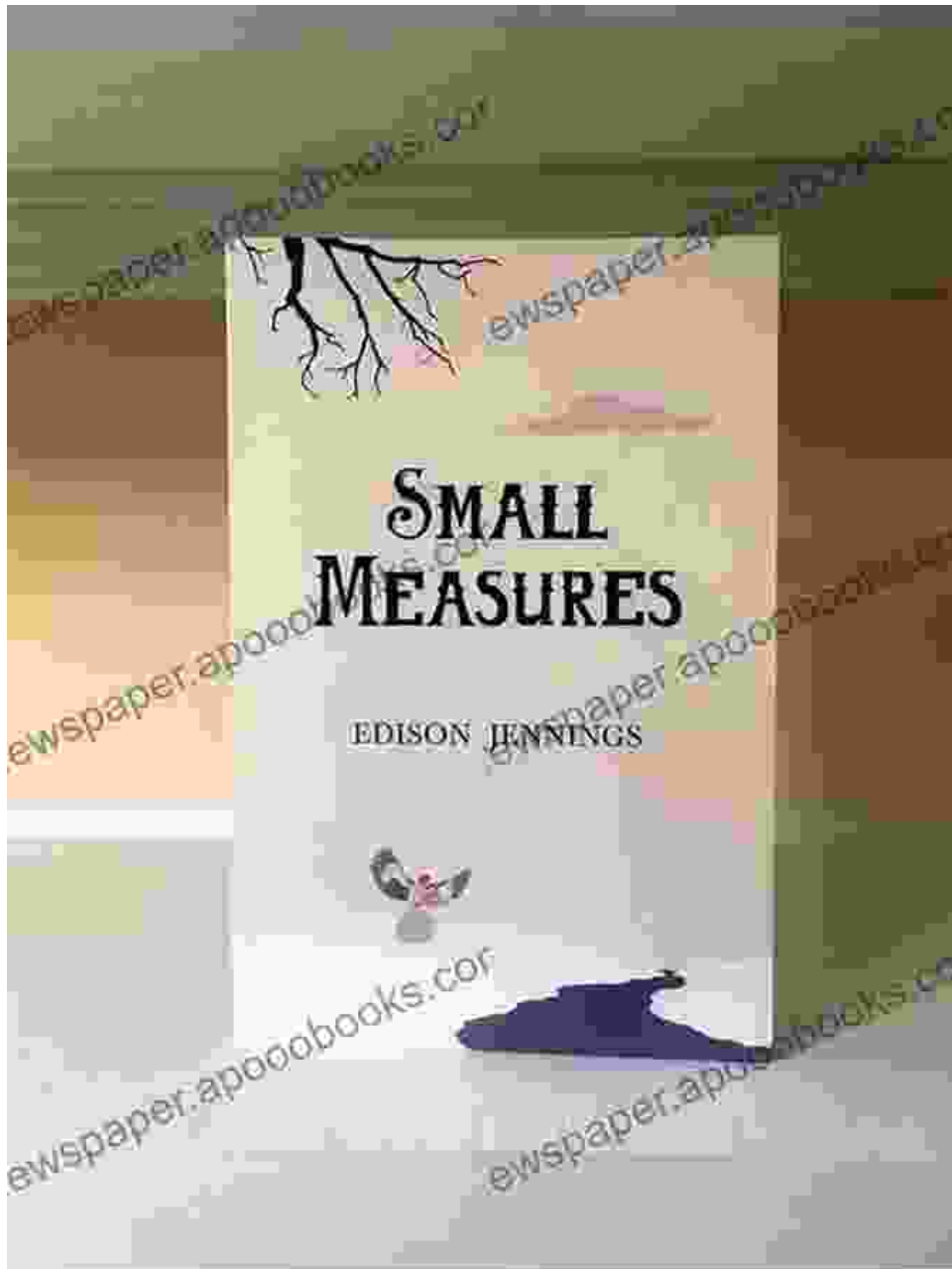
—**Oprah Winfrey**

About the Author

Lynne Burke is a writer, speaker, and certified personal trainer. She is the author of the blog *The Balanced Life*, where she shares her insights on weight loss, fitness, and self-acceptance. Lynne lives in California with her husband and two children.

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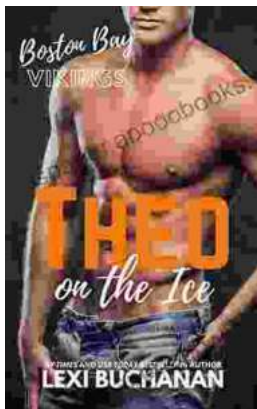
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