



Losing It: How I Lost an Entire Person

Denise Stevens

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In March of 2009, at age 34, I weighed 262 pounds. That's a lot of weight for a person who is 5'1" to carry. I knew that I had a problem. It doesn't take a genius to know when you're overweight. You might be able to live in denial for a little while, but at some point it sinks in. Follow me on my journey as I lose 140 pounds.

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