

# How To Lose 100 Pounds By P. Seymour

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When Jaylene started out, she had over 100 pounds to lose. The mere thought of that was very overwhelming for her. So, she focused on only achievable increments; not

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Intro: How to Lose 100+ Pounds and Keep it Off For Life. Several years ago, I decided that my life had to change. I was very overweight, completely sedentary, and

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P. Seymour is a woman on a quest to lose 100+ pounds and change her life. She believes and writes with the intention to help others create positive change in their

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