



Half the Mother, Twice the Love: My Journey to Better Health with Diabetes

Mother Love

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As a talk-show host and inspirational speaker, Mother Love used to have to just grin and bear it -- all that extra weight and the poor health that went along with it. Today she can truly smile as she serves up sound advice with big portions of humor in her new book about better living and good health that can turn your life around just like it did hers. *Half the Mother, Twice the Love* tells about the major weight loss Mother Love achieved over the last three years to reverse the decline in her health and regain control over her life. She went from size 22 to size 10 using a multitiered approach that included exercise, diet, and other lifestyle adjustments, and all her secrets are here in this informative and uplifting book.

Half the Mother, Twice the Love speaks to everyone who wants the good life without the bad habits that can make us tired, overweight, and eventually ruin our health. Part memoir and part self-help, this book teaches you how to learn from the mistakes which almost cost Mother Love her life. In the end, she may be half the woman she used to be, but she can give twice as much love as ever.

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