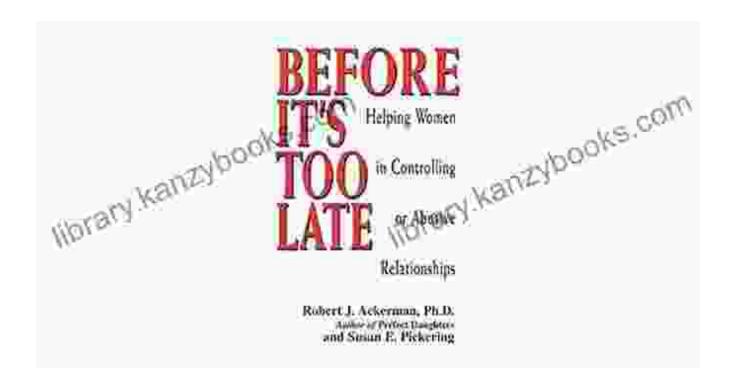
### **Before It's Too Late**

#### A Journey of Hope and Healing





## Obesity Prevention for Children: Before It's Too Late: A Program for Toddlers & Preschoolers

4 out of 5
Language : English
File size : 2982 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Word Wise : Enabled
Print length : 192 pages



Before It's Too Late is a powerful and inspiring memoir that tells the story of one woman's journey through addiction and recovery. From her struggles with depression and anxiety to her experiences with drug abuse and homelessness, the author shares her story with raw honesty and vulnerability.

But this book is more than just a story of addiction. It is a story of hope and redemption, a testament to the power of the human spirit to overcome even the darkest of circumstances. The author's journey is one that will resonate with anyone who has ever struggled with addiction, mental illness, or homelessness. But it is also a story that will inspire hope in all who read it.

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#### **About the Author**

The author of Before It's Too Late is a recovering addict who has been sober for over 10 years. She is passionate about sharing her story to help others who are struggling with addiction. She is a volunteer at a local

recovery center and she speaks regularly at schools and community events about the dangers of addiction.

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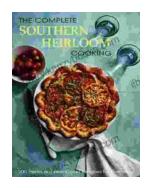
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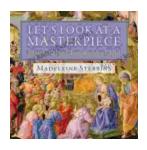
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