

2011.12英语四级阅读：写写博客也能减肥 PDF转换可能丢失
图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/647/2021_2022_201112_E8_8B_B1_c83_647168.htm 你渴望减肥吗？在开始写博客之前，减肥，对于23岁，351磅的Shauna Reid来说，简直就是不可能完成的任务。然而，8年之后，50,000余人访问了她的博客，他们对她希望减去一大半体重的情况给予支持。用了7年半的时间，她减到了175磅！她还专门出版了一本书，The amazing adventures of diet girl.让我们一起来分享一下她是如何减肥成功的！ Are you one of millions of Americans who try to diet? For Australian-born Shauna Reid who was 23 years old with 351 pounds. It was impossibly lonely task until she started blogging. 8 years later, now over 500,000 people have visited dietgirl.org. And theyve given Shauna the support she needs to lose more than half of her body weight. She crainical with the new book the amazing adventures of diet girl. And shes here this morning. Shauna, good morning. Hi, good morning. 351 pounds to ... 175 pounds. 175 pounds, how much time? It took me just seven and a half years. So you did it right. You did slowly. I took it slow and steady. You wouldn ' t wanna those people who spend her whole life trying to lose weight and never succeeded. One day you just woke and said I was going to lose weight. Yeah, Its was a kind of pain for me, the painful moment, Im huddling washing on the line and Im huddling my knickers hanging on the line next to my sister and hers for size six. They are really teeny lincy. And mine was size 26, about 3 times wide. I remembered signing looked at the line and thinking, my goddess, Ive got a big

knickers on the world. It's a kind of wake up my seining evidence and found my eyes. I really wanna got something do about this. As everybody who struggles lose weight knows deciding to lose weight is the easy part, actually doing it is incredibly difficult. What helped you? Well, I thought of doing Weight Watchers, but on my first way, the Weight Watchers. And I hoped on the scale, and they told me 351 pounds. And I think I was the big person that hard day, because had to put actually way in the scale to make it big enough to carry me. And it was completely devastated. I got need some actually to beat my weight loss, so I decided to start a blog. With someone who always capture journals from comfortable writing about my feelings. Web netting them, so I thought this anonymous blog and I wrote. Ive got half of my body with to lose. I felt so lonely and scared. And thats what I started a blog. I bet the last thing you expected was the responds you got on the blog. Yeah, a fuss about three paper reading but with the years as a way thought come off from more people start to found me and soon all over the world cheered me on. For the first time, my life, for the first time I feel hope. I could actually do it because I have so little support network to crack up around me. And the more I wrote, the more to termination my feel to keep going and not to give up what I have in the previous terms. And you were, Shauna, with you have succeeded. You help each other with your diet plan. you help each other with your exercise plans. It turned off a group effort. Yes, kind like anonymous group circle anyway. You can get spare, you get practical ideas, one of my readers was a running coach in Italy. And she sent me name saying have you fun

about trying running. So it was one of the things with dream doing smaller. But she said dont waste you small, start now. So about children fifty pounds. She actually warned me a training program, training for five kids over the internet. Look at that, I love you book when you talk about your skinny goals. One of that you say when you get skinny youll get walk up to a guy and catch in my eyes and say hello. And you did that and you make your husband. I did it. I never assuming I had myself Ive never get love in maybe so intertnal very old. But it turns out, it was just a tond of pounds with a puppy any Scotland. And with my husband it seems to be husband I wake up training say hello, take my seat at my list long before, I think I could do it. So you warn you ideal side, but you win anyway. Dont put off leaving,because you know what you feel is perfect in your vision. Yeah, thats what I find the best , I thought enjoy the journey, not just waiting like the gold, to be happy about it and study to live a still big. But I find some positive more confident in myself. Through the writing I going to get the guy and I watch for it well for me. It so did, congratulations on everything. 相关推荐 : #0000ff>2011.12英语四级快速阅读技巧之寻读 #0000ff>2011年12月英语四级阅读备考材料汇总 编辑推荐 100Test 下载频道开通 , 各类考试题目 直接下载。 详细请访问 www.100test.com