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enLIGHTened: How I Lost 40 Pounds with a Yoga Mat, Fresh Pineapples, and a Beagle Pointer eBook: Jessica Berger Gross, Bobby Clennell: Amazon.ca: Kindle Store

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Adding the subtitle here since Goodreads always seems to omit them: "enLIGHTened: How I Lost 40 Pounds with a Yoga Mat, Fresh Pineapples, and a Beagle Pointer" An accessible memoir with a friendly and sweet tone that blends wisdom from the Yoga Sutras, commonsense nutrition and exercise advice, and personal anecdotes about Gross's struggle with her body.

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enLIGHTened: How I Lost 40 Pounds with a Yoga Mat, Fresh Pineapples, and a Beagle-Pointer [Jessica Berger Gross, Bobby Clennell] on Amazon.com. *FREE* shipping on qualifying offers. Meet your new healthy best friend and yoga guru: Jessica Berger Gross. For years, Jessica struggled with fluctuating weight and bouts of unhappiness. Then she took

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