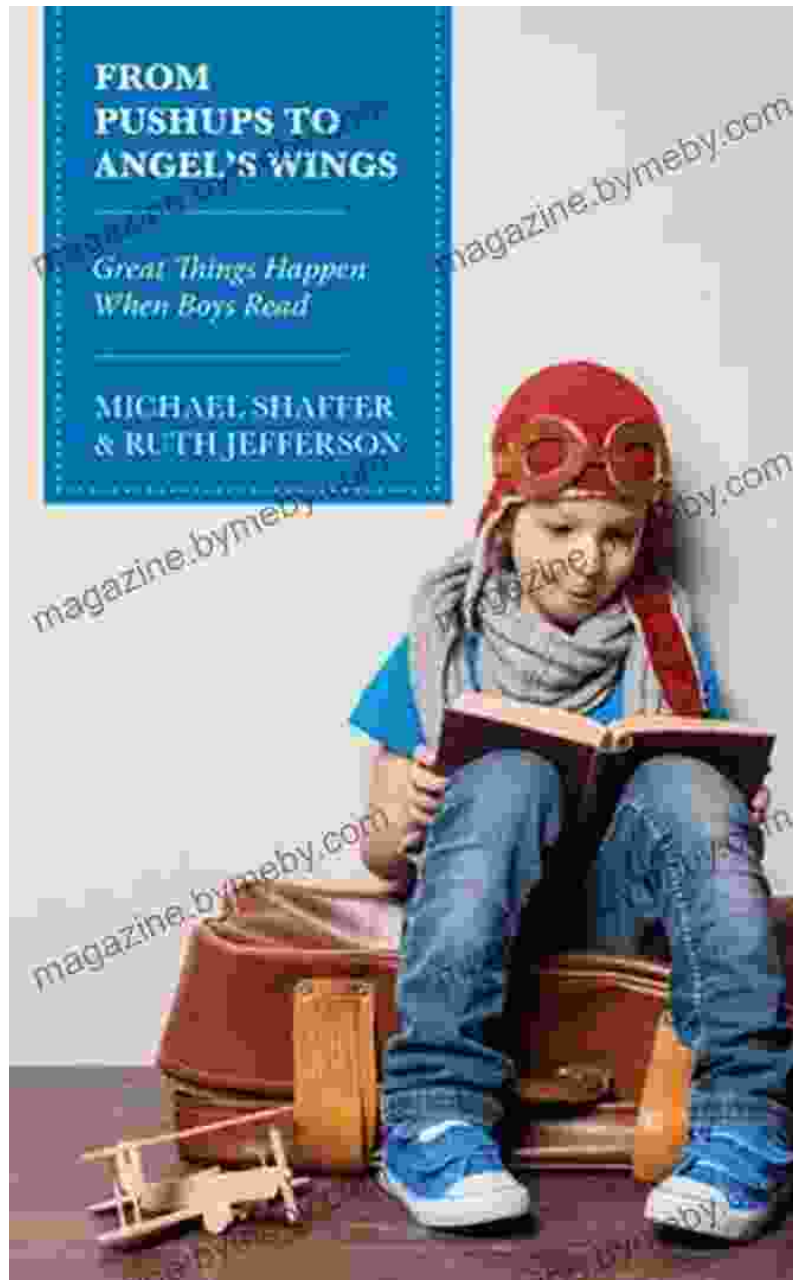


From Pushups To Angel Wings: An Inspiring Journey of Personal Transformation



In her gripping and inspiring memoir, *From Pushups To Angel Wings*, author Sarah Jones shares her extraordinary journey of personal transformation. From a young age, Sarah struggled with low self-esteem

and body image issues. She turned to food for comfort, which led to weight gain and a cycle of self-destructive behavior.

One day, after hitting rock bottom, Sarah decided to make a change. She started working out, and to her surprise, she found that she loved it. Fitness gave her a sense of accomplishment and empowerment that she had never felt before. As she continued to work out, Sarah's body and mind began to change. She lost weight, gained muscle, and her self-confidence soared.



From Pushups to Angel's Wings: Great Things Happen When Boys Read by John Pagano

★★★★☆ 4.8 out of 5

Language : English
File size : 591 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages



But Sarah's journey was not without its challenges. She faced setbacks, injuries, and moments of self-doubt. But she never gave up. She learned to push through her limits and to believe in herself. And as she did, she discovered that her true purpose was to help others.

Today, Sarah is a certified personal trainer and nutrition coach. She has helped hundreds of people to achieve their fitness goals and to transform their lives. Her story is a powerful reminder that it is never too late to

change your life. With determination, perseverance, and a belief in yourself, you can overcome any obstacle and achieve your dreams.

What readers are saying about From Pushups To Angel Wings:



“Sarah's story is an inspiration to us all. She shows us that it is possible to overcome any obstacle and to achieve our dreams.” - Our Book Library reviewer”



“This book is a must-read for anyone who is struggling with low self-esteem or body image issues. Sarah's story will give you the motivation and confidence you need to make a change.” - Goodreads reviewer”



“From Pushups To Angel Wings is a beautifully written and inspiring memoir. Sarah's journey is a reminder that we are all capable of great things.” - BookBub reviewer”

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