



Gbites: A Memoir and Letter to My Friends

Barbara Warren

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Gbites is a motivation memoir to my friends and a tool to initiate change in ones life which can very frankly be challenging. Gbites exposes the many barriers that block or discourage the mere idea that we can accomplish goals that we set for our personal life such as weight loss. One of the unforgiving truths of life especially in regards to our health is that the consequences of our unhealthy choices and risky life style does not manifest until years later. Subconsciously we make a decision to deal with our unhealthy behavior once the problem exist be it obesity, chronic disease, or relationships. Eighty percent of the leading causes of chronic diseases are preventable. That means we are not helpless or victims of our environment but we can step up take control and begin to make decisions that will impact our health for the positive and for the future. It is not about weight that is easy. It is about your health! Being there for your husband, your kids, your grandkids, or any significant other that you care for and want to be a part of their lives for as long as God has promised for us to live in the earth. What a revelation! Health, Healing, and Wholeness belong to us all! gbites will help you begin your journey One Day At A Time-One Meal At A Time-One Bite At A Time! For more information and before and after pictures visit us at gbites.org

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