

HSO frame work

2019/ 3

"I remember it exactly like it was yesterday

The single most shameful moment of my life came the last time I was at an amusement park I love roller coasters, and was at... I think it was Knotts Berry Farm with my husband. I probably weighed around 250 lbs or so at that time, maybe 280, somewhere in there. We stood in line for one of the coasters, then finally got in, and... the locking bar wouldn't lock. I tried to pull it down far enough to lock, sucking in my gut, shifting around, sitting a little higher and a little lower, trying desperately to get that bar to lock. Two of the attendants came over and fiddled with it, trying to get it to lock. The train was waiting, everyone was looking at me. The train behind us had stopped short of the station, and everyone on it was waiting to get off, probably wondering WTH was wrong. Finally one of the attendants said, "I'm sorry, ma'am, but if the bar won't lock, you can't ride." I scrambled out of the car as fast as I could and hurried down the ramp, my eyes on my feet, wishing I could just sink into the pavement and die.

That day I returned home feeling Shame , embarrassed I felt like dying ,I promised myself that I'd NEVER return trying to ride another roller coaster until I lose all that wheight and here I am on the other side after my journey I lost 169 lbs NEVER felt more active before NEVER felt more alive before and I could bet you that was THE BEST decision I've ever made I can now do whatever I want without any worry if the chair will fit or if I can do that activity without feeling worried if it's going to bear my wheight or feel ashamed if it didn't

_____ was the best decision I've ever made it definitely change my life "

Amy glamory - Fransisco

[If you want to change your life TODAY and are ready to take the actions to do so then you're in the right place .](#)