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DIETING: A Week of Self Restraint: How I lost weight, and gained self-respect all in one week... and so can you! (I Wonder What Would Happen If... Book 1)

Jessica Heilman

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I Wonder What Would Happen If…

The I Wonder What Would Happen If… eBook series is a collection of mini -“e”- Books that are intended to encourage and inspire readers to positively try new things. Through the author’s personal experiences, Jessica Heilman explores subjects like: health, fitness, wellness, wealth, religion, psychology, marriage, and family on a weekly basis.

Jessica is a homeschooling mother of six children, wife of 18 years, and is the Founder of Wholehearted Ministries out of San Jose, California.

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