



# The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo

*Philippa Moore*

Download now

[Click here](#) if your download doesn't start automatically

# The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo

*Philippa Moore*

## **The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo** Philippa Moore

At twenty-four Philippa Moore is overweight, unhappily married, and still living in her hometown of Hobart, Tasmania. After a wake-up call in a department-store changing room, Phil suddenly realises that she is on the wrong path. With determination she starts to shed the kilos, and makes a confronting discovery: she is in charge of her own life.

Starting over again in Melbourne, she launches an award-winning health and fitness blog, *Skinny Latte*, and finds the courage to leave her marriage. She then sets out on an international odyssey, travelling the length and breadth of North America and throwing herself into every new experience she encounters. An intuitive friend predicts that true love is in her future but, still scarred from her failed relationship, she can scarcely bring herself to believe it. When she arrives in London, though, she finds the life she has always been looking for, coming to realise that excuses for not doing the things you dream of doing are just that: excuses.

*The Latte Years* is the brave story of a life restarted, of the battles still to be won once the 'after' photo has been taken. Told with humour, insight and a great deal of coffee, it shows that we have the power to change anything, and inspires us to live our best, most authentic life.

Philippa Moore is a writer, editor and award-winning blogger who has held a lifelong fascination with language and stories. Her writing has been published widely and she also hosts a popular podcast, *Book Ends*, featuring interviews with leading contemporary writers. She was the author of the award-winning health and fitness blog, *Skinny Latte Strikes Back*, which was one of the UK's most popular health and fitness blogs. Philippa now lives in North London with her husband Tom and many pairs of running shoes.

 [Download The Latte Years: A Story of Losses, Gains and Life ...pdf](#)

 [Read Online The Latte Years: A Story of Losses, Gains and Li ...pdf](#)

## **Download and Read Free Online The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo Philippa Moore**

---

### **From reader reviews:**

#### **Ana Lopez:**

Book is usually written, printed, or outlined for everything. You can recognize everything you want by a e-book. Book has a different type. As we know that book is important issue to bring us around the world. Adjacent to that you can your reading talent was fluently. A guide The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo will make you to end up being smarter. You can feel more confidence if you can know about anything. But some of you think this open or reading a new book make you bored. It's not make you fun. Why they may be thought like that? Have you trying to find best book or ideal book with you?

#### **Debra Jones:**

Here thing why this particular The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo are different and trusted to be yours. First of all reading a book is good however it depends in the content from it which is the content is as yummy as food or not. The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo giving you information deeper and different ways, you can find any guide out there but there is no publication that similar with The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo. It gives you thrill looking at journey, its open up your own eyes about the thing that happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in playground, café, or even in your means home by train. When you are having difficulties in bringing the branded book maybe the form of The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo in e-book can be your alternate.

#### **Bruce Jackson:**

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book that you simply read you can spent the entire day to reading a book. The book The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo it is extremely good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book has high quality.

#### **Melanie Young:**

People live in this new time of lifestyle always make an effort to and must have the extra time or they will get lot of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you

possess when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is definitely The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo.

**Download and Read Online The Latte Years: A Story of Losses,  
Gains and Life Beyond the After Photo Philippa Moore  
#L2IK4HWPYCT**

## **Read The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore for online ebook**

The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore books to read online.

### **Online The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore ebook PDF download**

**The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore Doc**

**The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore Mobipocket**

**The Latte Years: A Story of Losses, Gains and Life Beyond the After Photo by Philippa Moore EPub**