

Husbands that are fat

Posted by Lchaim Tovim - 21 Jul 2022 19:35

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Anyone else trying to lose some weight over here?

We're all documenting and getting/giving chizuk regarding our struggle with Lust. Anyone want to do the same regarding Dieting?

I'm 5' 7" When I got married 10 years ago I was 155lb. I went up to 200, down to 175 and back up to 200lbs. I am now down to 192 lbs with a goal weight of 165 lbs.

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Re: Husbands that are fat

Posted by neshamaincharge - 25 Nov 2022 16:24

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I would join I could use the accountability

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