

News Release December 11,2021 J Merrill Publishing, Inc launches a new memoir For Immediate Release

"What Goes Up Must Come Down Let's Face It" is the story of Carol Roye's weight-loss journey. In this story, she shares how her mother overcame diabetes and the depression that stemmed from an unhealthy relationship with food.



She also shares her personal struggles as her weight seemed to be on a teeter-totter, going up and down no matter what she would do.

As a mother, her goal was to model healthy eating habits for her daughter. The reality of her journey led to liposuction, a tummy tuck, a gastric sleeve, and even a facelift!

Carol's goal in writing this book is to provide an unfiltered look at the journey so many people consider. And, to share the positives, as well as the negatives, of her journey and let you know that even though your weight-loss may have stalled, increased, or hasn't changed at all... There is hope!

You don't have to give up on your dreams. You too can begin living your best life, just like Carol!

So, let's go!!



Indio, California Dec 11, 2021 ([IssueWire.com](https://www.issuewire.com)) -

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J Merrill Publishing Inc.

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J Merrill Publishing, Inc, launches a new memoir entitled

“What Goes Up Must Come Down, Let’s Face It” – written by Carol M. Roye

J Merrill Publishing, Inc, launches a new memoir entitled “What Goes Up Must Come Down, Let’s Face It – written by Carol M. Roye. Release date February 14, 2022.

In writing this book. Carol’s goal is to provide an unfiltered look at the journey so many people consider; to share the positives as well as the negatives of her journey. And let you know that even though your weight loss may have stalled, increased, or hasn’t changed at all, there is hope! You can find full details about the book along with further articles at <https://carolmroye.com>

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