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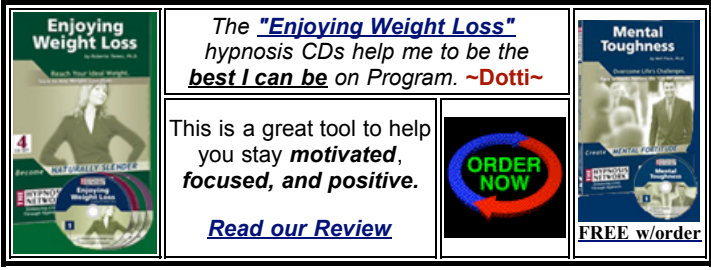
1998 ~ My name is Dotti. I lost **105.5 lbs**, reached my goal weight and made Lifetime on October 19, 1998. Through this "lifestyle change" I have **more energy, higher self-esteem** and **better health**. See [Before & After Photos](#) Weight Watchers is the easiest program I have ever come across. [Read My Journey to Goal ~ 1998](#)

2009 ~ Ten years later my Lifetime Journey continues; this time [Back to Goal](#). I have quit smoking a 3-pack-a-day habit, for which I am very proud of myself. Quitting this Journey has never been an option. [Read More of My Journey Back to Goal ~ 2009](#)

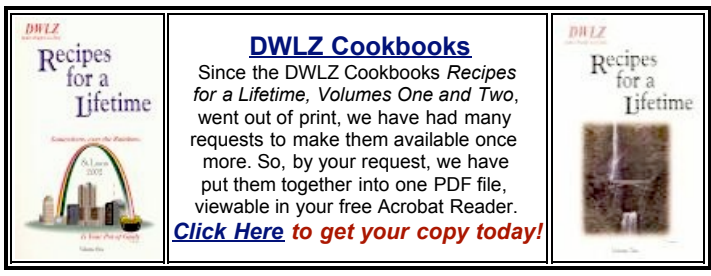
My goal in creating this web site is to help others make this "lifestyle change". I hope my web site helps you to get the motivation you need to lose the weight you want while incorporating a healthier lifestyle to forever live by. Thank you for visiting and hope you leave feeling better!

[Dotti's Lifetime Journey](#)

[Al's Corner on DWLZ](#)



Enjoying Weight Loss
The **"Enjoying Weight Loss"** hypnosis CDs help me to be the **best I can be** on Program. ~Dotti~
This is a great tool to help you stay **motivated, focused, and positive**.
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FREE w/order



DWLZ Cookbooks
Since the DWLZ Cookbooks *Recipes for a Lifetime, Volumes One and Two*, went out of print, we have had many requests to make them available once more. So, by your request, we have put them together into one PDF file, viewable in your free Acrobat Reader.
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Dotti's Weight Loss Zone
was created on **September 20, 1998**
Over 68 Million Served
68450485
[Visit This Site](#)
Last Update: February 4, 2010

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Weight Loss Recipes


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DWLZ pages are a culmination of many of us on this journey so if you find any discrepancies please let me know and I will correct them if possible! While I have made every attempt to keep errors off my page, unfortunately sometimes they can creep in no matter how hard I try to eliminate them. Should you locate any errors, I would appreciate an [Email Me](#) telling me what you found so that I may fix it right away. Thank you in advance for your patience and help!

Please note that Dotti's Weight Loss Zone owns the following URLs
dottisweightlosszone.com dwlz.com dwlz2.com dwlz3.com

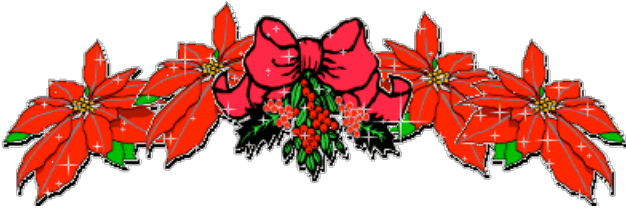
OPEN 24 HOURS



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Zone created &
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Dotti

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Only 305 Days 10 Hours 55 Minutes 32 Seconds Till Christmas!



**IF YOU ALWAYS DO WHAT YOU ALWAYS DID
YOU'LL ALWAYS GET WHAT YOU ALWAYS GOT!**

One Day At A Time, No Guilt and Move On



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