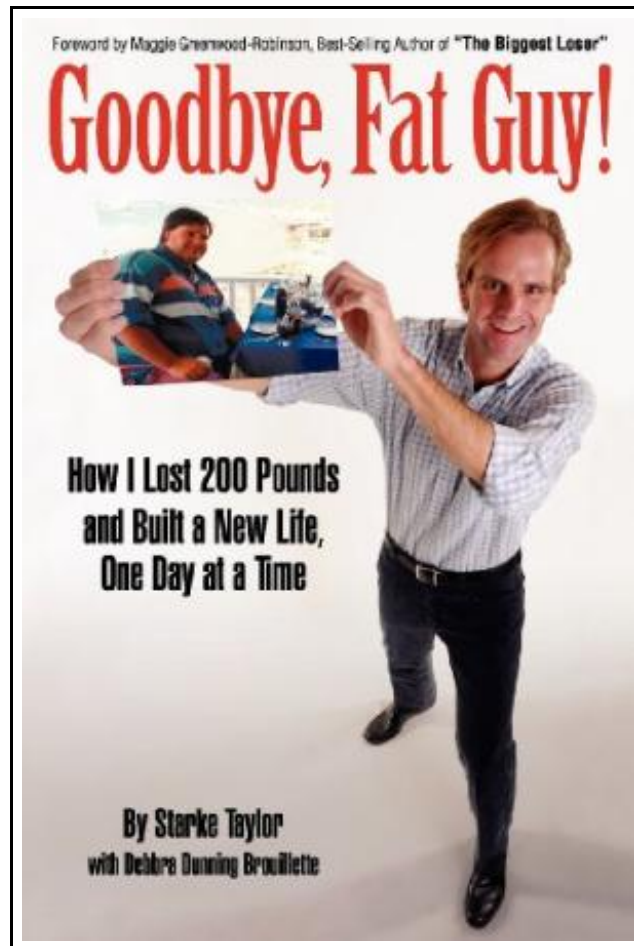


Goodbye, Fat Guy



Filesize: 4.18 MB

Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.
(Lavina Torp)

GOODBYE, FAT GUY

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Rogers Publishing and Consulting. Paperback. Book Condition: New. Paperback. How can you lose more than 200 pounds-and keep it off for almost 20 years-without signing up for some costly commercial diet program . . . or facing the daily hassle of replacement meals . . . or depending on over-the-counter weight-loss aids that may or may not help The answer comes from a man who is living proof it can be done. Starke Taylor once walked through life dangerously overweight before deciding to take control of his life, change his lifestyle and design a personal day-at-a-time dieting plan that restored his self-control and enabled him to successfully lose weight. And now in his new book, Goodbye, Fat Guy!, Taylor not only describes how his Building Blocks of Success blueprint worked for him but how it can help others achieve their own weight-loss goals. By the time youre finished with this book, your attitude about your body, your health and your life will be changed forever, says Maggie Greenwood-Robinson, best-selling author of The Biggest Loser. There are amazing, workable secrets here. His principles are sound. Theyre aimed at real people living real lives. By sharing his amazing story, Taylor details how drastic weight loss can happen through small steps that ultimately grow into lifestyle changes which will build self-confidence and inspire healthier choices for a happier life. With refreshing candor and from the unique perspective of having maintained his own weight loss-in excess of 200 pounds-since 1992, Taylor has compiled an informative, straight-shooting guide that offers all the tools needed to build a new, healthier life. A remarkable book, says Dr. Rod J. Rohrich, chairman of the Department of Plastic Surgery at the UT Southwester Medical Center in Dallas. This is a great inspirational story about someone who decided to change...

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