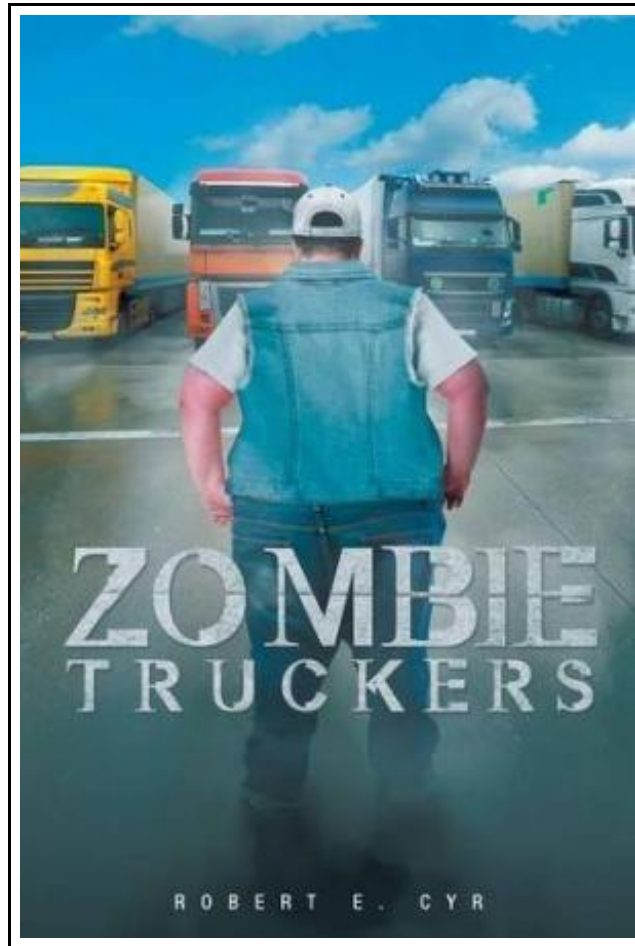


## Zombie Truckers



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***(Dr. Kayden Gerlach)***

## ZOMBIE TRUCKERS



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Page Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Truckin Bob s convoy to healthy living wasn t always the case. Years of abuse through food addictions and living an unhealthy lifestyle of stress, poor diet, little sleep, demanding work schedules led Bob down the road to becoming a living Zombie. For many folks in the transportation industry, living a balanced lifestyle is incredibly difficult. Having tried countless fad diets, and exercise regimes over the years with little success was demeaning and endlessly hopeless. The realization came in an epiphany at the death of a close friend, the sudden awareness that his course of direction would soon lead to the same fate in a short time if something drastic didn t happen soon to take control of his own health. Through the request of some divine help amazing things started to unfold. Bob shares his story and the knowledge gained during his journey along with the surprising truths learned about what s making you fat, sick, and on the road to an ugly end well before your time. Having lived the majority of his life struggling with weight and health issues. Bob was inspired to learn the truth about nutrition, taking personal responsibility to really understand the how s and why s of his actions, he committed himself to researching, experimenting, and undertaking the long road to acquire the knowledge necessary to make positive changes in his life. The results of these efforts were greatly successful, and healing himself was very empowering. The self-guided discovery to developing the skills, learning the secrets, and understanding the hidden threats that plague our society with the current obesity epidemic and chronic diseases is mind blowing when the truth...



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