



Big Fat Truth: Behind-The-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life (Hardback)

By Jd Roth

Reader s Digest Association, United States, 2016. Hardback. Book Condition: New. 234 x 157 mm. Language: English . Brand New Book. A no-holds-barred, tough-love guide to dealing with your emotional issues and changing your mindset in order to finally lose weight, from the creator of weight loss reality TV, including The Biggest Loser and Extreme Weight Loss. When Meredith hit the finish line at the Niagara Falls Marathon last year, people in their living rooms all across America choked up. Who could help it? Here was a young woman who, just a few months earlier, had weighed in at 340 pounds on the hit ABC show Extreme Weight Loss. Now for all the world to see and merely part way into her one-year effort to pare down she d (literally) gone further than she d ever expected. From barely being able to walk up the stairs to running 26.2 miles in practically no time? The body is an amazing thing. And yet it s no match for the brain. It wasn t the strength of Meredith s body propelling her across the Niagara Falls finish line it was the power of her mind. No one knows that better than JD...



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Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

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The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- **Hank Powlowski**