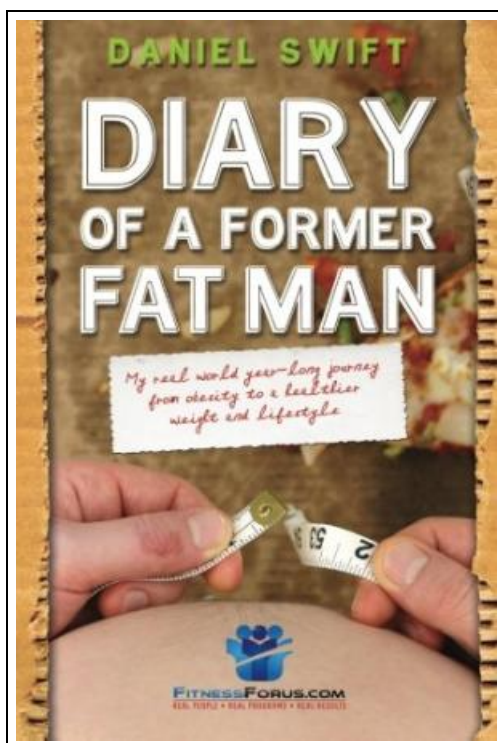


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Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In his honest, humorous, revealing and reader-friendly Diary of A Former Fat Man: My Real-World, Year-Long Journey From Obesity to A Healthier Weight And Lifestyle, Daniel Swift shares what it was to be thirty-seven, over 300 pounds, and fearful for his survival. Swift provides a rare 360 degree view of the effects of weight and weight loss, sharing the physical, mental and emotional effects this year had on him. Men and women of all ages will learn how they can reverse decades of poor decisions and make life-saving changes to their daily routine. Unlike most weight-loss books, Swift offers no quick-fix solutions, no expensive spa-driven plans, no promises of a wonder machine to do the work. Instead, he lays out in journal format how a trip to the emergency room drove him to evaluate his physical condition and his nutritional needs, and how he managed to succeed despite the distractions and obstacles everyday life provides. In the first year, the author dropped over seventy pounds and more importantly kept it off. Energized, and now a certified personal trainer, with a positive outlook and a full life ahead, he now offers his experience and expertise offering this book and the community as helpful resources to those looking to take control of their weight and health.

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