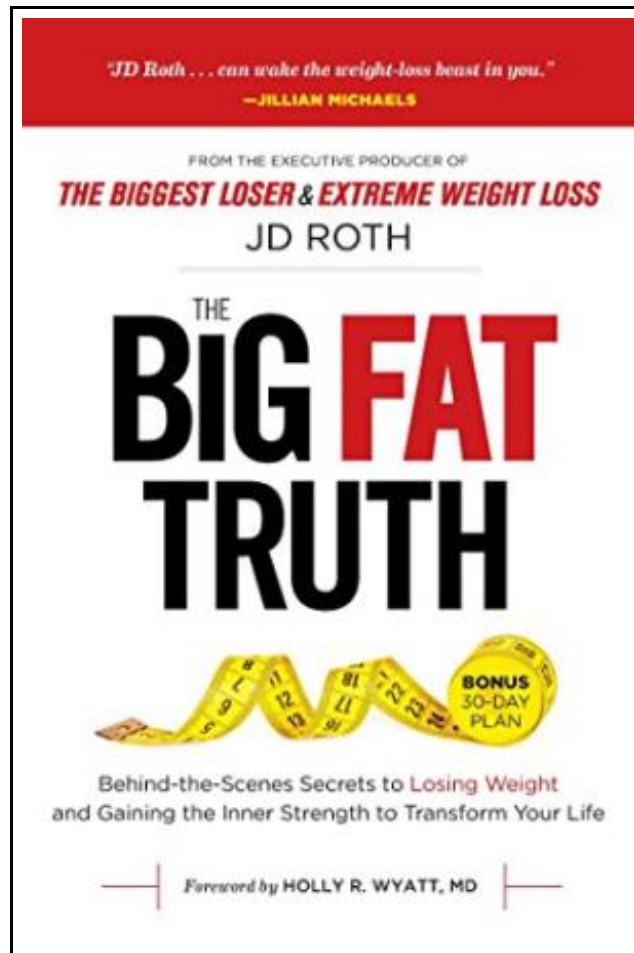


## Big Fat Truth: Behind-The-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life (Hardback)



Filesize: 9.69 MB

### **Reviews**

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.*

*(Melany Goyette)*

## **BIG FAT TRUTH: BEHIND-THE-SCENES SECRETS TO LOSING WEIGHT AND GAINING THE INNER STRENGTH TO TRANSFORM YOUR LIFE (HARDBACK)**



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 Roth, who as the number one producer of TV weight loss shows has helped countless overweight people change their bodies and lives for the better. Viewers of Extreme Weight Loss, The Biggest Loser, The Revolution and other transformational shows have seen the technicians the trainers, the nutritionists, the doctors, and other health pros who appear on-screen but they ve never seen the heart and soul behind these amazing makeovers. That would be JD, whose production company not only created weight loss television, but who has produced more episodes in the genre than all other producers combined. He s the behind-the-scenes...



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