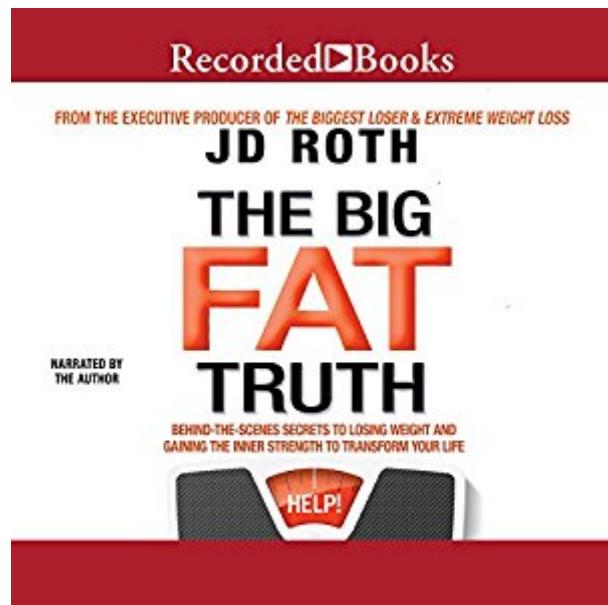


The book was found

The Big Fat Truth: The Behind-the-Scenes Secret To Weight Loss



Synopsis

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. Every fat person (yes, "fat person" - there'll be no sugarcoating here) knows that you need to move more and eat less to shed pounds. Not exactly rocket science. Yet that simple formula doesn't get to the root of what makes someone top out at 500 pounds, or sometimes just carry an extra 50. The missing link in transformative weight loss is mental and emotional fortitude. Mining the same problem-solving and motivational skills JD Roth has used so successfully with reality show contestants, The Big Fat Truth gets listeners to address the real reasons they're overweight (and nobody gets away with saying it's because they love food). With his combination of enthusiasm, empathy, no-holds-barred style, and master story-telling abilities, JD helps them unearth and tackle the unresolved issues they've buried under the French fries and chocolate chip cookie.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 22 minutes

Program Type: Audiobook

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Customer Reviews

Very Informative. New , excellent ideas. Always something to learn on this subject.

Love his books and recipes too.Delivery was fast

I don't understand it myself. I weighed in on Monday, received the book and read it. When I was done a few days later weighed in so I could get started. I had lost 2.3 pounds. It is good information

in the book. It could help anyone struggling with the thought processes of weight. management.

I loved this book. I found it extremely helpful and will use it for reference for a long time. I thought the author did a great job telling it like it is.

Fantastic book! I will re -read many times! He tells it like it is - truthfully!

Great book. Now if I just follow the advise.

Reading it

Tells it like it is. Great book.

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