

# **From Chunk To Hunk Diary Of A Fat Man**

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# From Chunk To Hunk Diary Of A Fat Man:

From Chunk To Hunk: Diary Of A Fat Man Fred Anderson, By age 33 Fred Anderson weighed over 370 pounds and suffered from diabetes elevated blood pressure sleep apnea and chronic heartburn But watching television one night in May 2000 he caught a glimpse of his own future in the form of an out of control diabetic in an emergency room undergoing a leg amputation Anderson was terrified and in an instant determined his future must change He got off the couch and never looked back In this one of a kind autobiography Fred shares with the world what it was like to be trapped inside a prison of fat and how he lost 171 pounds in under two years He didn t count calories take medications or have weight loss surgery He didn t even join a weight loss club Instead by altering the way he thought about his body and his health Anderson lost weight naturally regaining his health and forcing his diabetes into permanent remission Eat less exercise more and believe in yourself in From Chunk to Hunk Diary of a Fat Man learn the simplicity and sanity of Anderson's approach directed at audiences of all shapes and sizes From Chunk to Hunk Fred Anderson, 2003-08 By age 33 Fred Anderson weighed over 370 pounds and suffered from diabetes elevated blood pressure sleep apnea and chronic heartburn But watching television one night in May 2000 he caught a glimpse of his own future in the form of an out of control diabetic in an emergency room undergoing a leg amputation Anderson was terrified and in an instant determined his future must change He got off the couch and never looked back In this one of a kind autobiography Fred shares with the world what it was like to be trapped inside a prison of fat and how he lost 171 pounds in under two years The Doubleday Roget's Thesaurus in Dictionary Form Sidney L. Landau, 2009-02-25 A reference book that belongs on every desk one of the handiest best organized and most reliable thesauruses available newly updated to reflect the American language of today The Chambers Thesaurus Oxford Thesaurus of English Maurice Waite, 2009-08-13 The leading single volume English thesaurus ,2007-03-01 explores the richness of the English language with hundreds of thousands of synonyms and antonyms and thousands of example sentences drawn from the Oxford English Corpus finds the word you need quickly with carefully chosen and arranged synonyms broadens your vocabulary and finds solutions to word puzzles and crosswords with hundreds of thematic word lists and helps express yourself more accurately with hundreds of Choose the Right Word boxes exploring the difference between similar words Book Jacket 
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