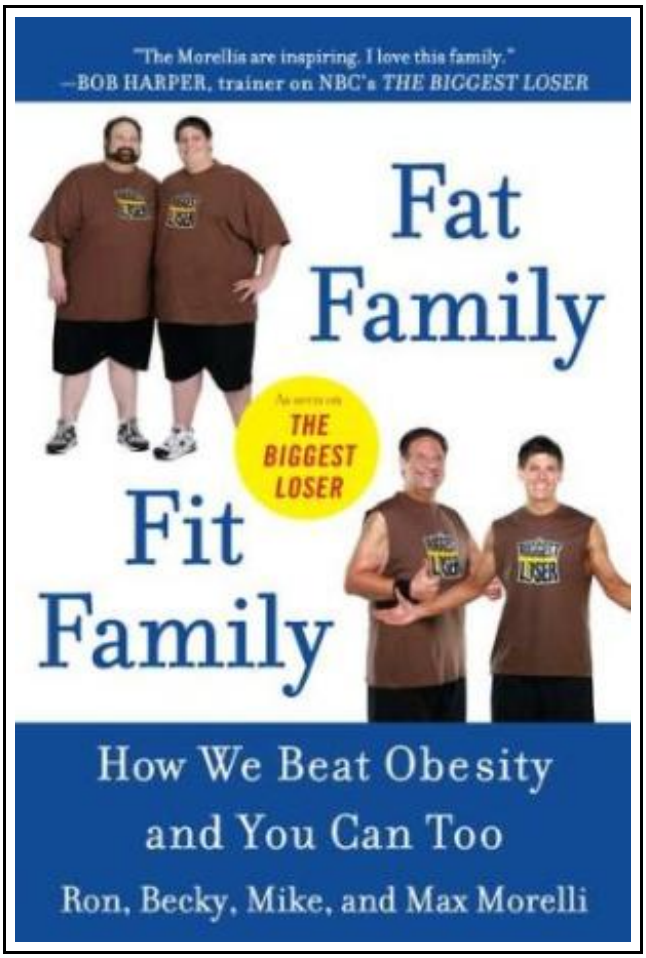
Fat Family/Fit Family: How We Beat Obesity and You Can Too



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Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.
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Penguin Putnam Inc, United States, 2011. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book. The inspiring true story behind the weight-loss saga chronicled on NBC s blockbuster show, The Biggest Loser. There s no getting past it: the Morellis were a fat family. From cookie dough and pizza binges to extreme plastic surgeries, Ron, Becky, Mike and Max Morelli experienced the swinging pendulum of weight loss that so many Americans know all too well. But when Ron and Mike were accepted as contestants on The Biggest Loser, the Morellis lives changed forever. Ron, at 430 pounds, and 18-year-old Mike, at 388 pounds, made it to the final four, losing a whopping 399 pounds combined. Fat Family/Fit Family also tells the story of wife Becky and youngest son, Max-the story not seen on TV, but relatable to scores of American families, the story of what happens when two foodaholics meet, fall in love, get married and raise (almost inevitably) foodaholic kids. Sharing the eye-opening perspective of each family member, Fat Family/Fit Family chronicles the Morellis amazing journey in dropping over 700 pounds together, from the emotional and physical struggles of obesity to the triumph of their newfound healthy lifestyle. Obesity doesn t just happen in a vacuum-it starts in homes like the Morellis, and it can end there, too. Fat Family/Fit Family is an ultimately inspiring story about the healing power of family.

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