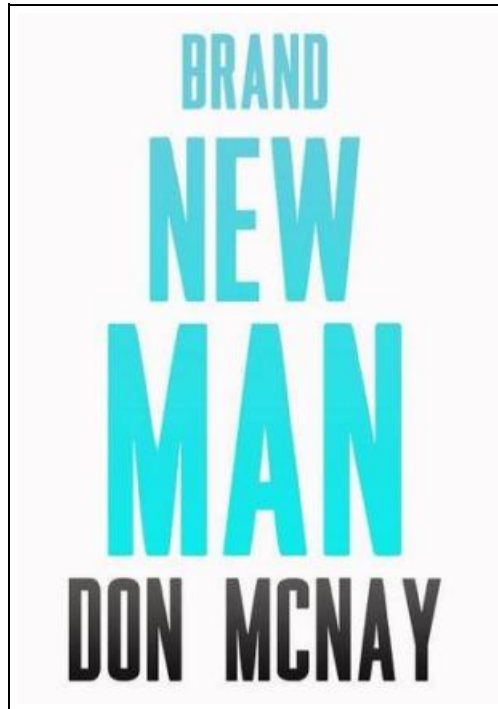


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BRAND NEW MAN: MY WEIGHT LOSS JOURNEY (HARDBACK)



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Rrp International LLC, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Brand New Man: My Weight Loss Journey is the inspirational story of how Don McNay overcame a lifetime of morbid obesity to lose more than 110 pounds and achieve good health. McNay used the academic training, decades of experience and common sense wisdom that made him a world-renowned financial expert and devised a well-crafted weight loss plan that was implemented to perfection. Don drew upon communication skills honed as an award-winning syndicated columnist and best-selling author to tell the story in a brutally honest and riveting manner. With practical advice, exhaustive research and cultural references that range from world history to rock and roll, McNay tells a story that motivates, educates and inspires people to action. Brand New Man has been called the best book ever written by a weight loss patient, but it is more than a weight loss book. It is about using business skills and systematic planning to take on any major issue. It is a book about finding the confidence and enthusiasm to overcome obstacles. It is a book about how to assemble a dream team of advisers and draw inspiration from heroes who battled similar demons. It is a book about drawing upon dogged determination to fight back to the top. The Don McNay Reality Show sections are a candid depiction of how the 55-year-old man obtained and recovered from weight loss surgery, lost 100 pounds, started participating in 5K races and became a CrossFit devotee. It is a must read for anyone thinking about weight loss surgery. Readers of Huffington Post know that McNay challenges the privileged and powerful and his insights on the economics of obesity do just that. The section How I...



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