

[PDF] Take It Off, Keep It Off: How I Went From Fat To Fit . . . And You Can Too--Safely, Effectively, And Permanently

Paul James - pdf download free book



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Description:

On December 31, 2008, personal chef, trainer, and former model Paul "PJ" James set out to add nearly 100 pounds to his ripped 176-pound physique. This "anti-New Year's resolution" was driven

by a yearning to empathize with his overweight clients and to demonstrate that with dedication and the right tools, weight loss success is possible. In six months, PJ packed on 50 percent of his body weight; when he attempted to lose it, he realized the true challenges of overweight people everywhere. Working through addiction to sweets and carbs, injuries, and embarrassment, PJ discovered a plan that really works. No b.s., no empty promises, just real tools and strategies from someone who “walked the talk” to figure out how to best help those who need it most.

With a targeted fitness program, “clean eating” recipes, and success stories, *Take It Off, Keep It Off* is a guide to changing your life—for good.

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