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Your Powerful Choice: Fighting Obesity and the Obesity Gene (Paperback)

By Timothy Falcon Crack

TIMOTHY CRACK, United States, 2016. Paperback. Book Condition: New. 2nd. 178 x 111 mm. Language: English . Brand New Book ***** Print on Demand *****. The author is an MIT PhD who has won multiple teaching awards. This is an empowering personal account of his success in fighting obesity and the obesity gene. There are no recipes, no menu plans, and no exercise plans. Rather, this is a book about informed decision making. It contains information, observations, and advice designed to help you make a powerful choice: the choice to attain and maintain good health and a healthy weight. It was written especially for people who have tried to get to a healthy weight already and have failed, perhaps more than once. This book is about being committed and making powerful choices. You will not find a picture of a half-dressed impossibly fit young man or woman on the front cover of this book. Few, if any, overweight people can achieve that level of fitness, and books with images like that are misleading for most readers. Instead, this book is full of hard truths and successful techniques for achieving a healthy weight. The author's personal experiences mean that he is...



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