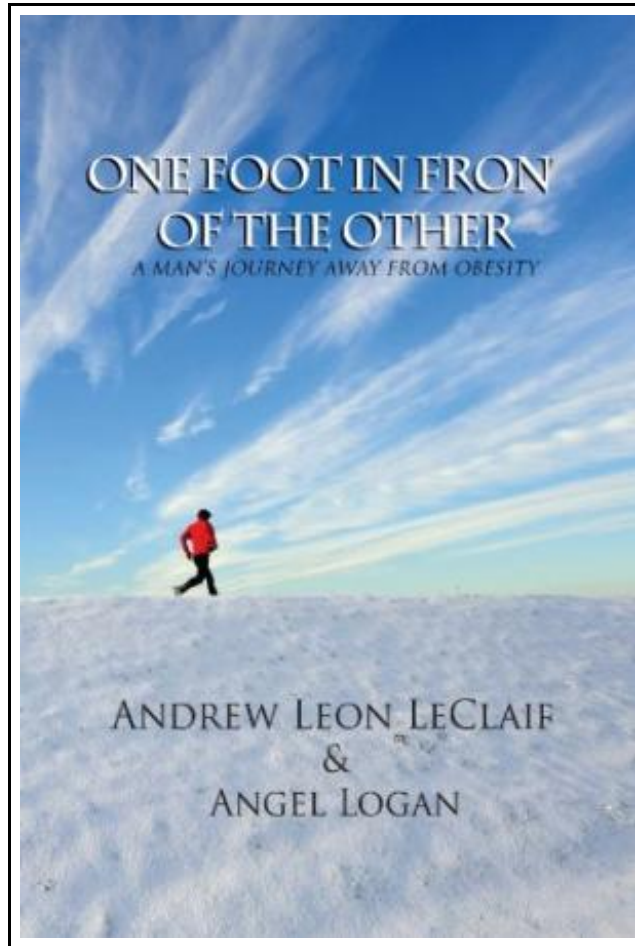


## One Foot in Front of the Other (Hardback)



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### ***Reviews***

*It is fantastic and great. It is written in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book I have got read through during my individual life and might be the finest publication for ever.*

***(Prof. Murl Shanahan DDS)***

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Xlibris Corporation, United States, 2010. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Breaking nearly all of the documented long-term weight loss records - Andrew Leon LeClair has maintained a successful weight loss of 125 pounds for an unprecedented thirty years! Andrew began his life s journey with a seemingly normal childhood, but the challenging reality of his youth and family life set the tone for his accelerated path to adulthood. Because Andrew realized that he was unwilling to accept limitation or defeat - he chose to take control of his life, rearrange his priorities, and find a long-term strategy to overcome obesity and achieve success and happiness. As a child, after watching his parents suffer in the face of tragedy, while dealing with his own struggles - Andrew turned to food for solace and comfort. During a time when baby fat was a fashionable expression of denial, no one knew then, what challenges would await Andrew s arrival later. After years of emotional warfare and dysfunction, divorce was inevitable for Andrew s parents. While his mother s second marriage was apparently better for her and initially pleasant for the children - that alliance quickly evolved into upheaval, forcing Andrew to grow up and embrace adulthood sooner than anticipated. Food remained steadfast within Andrew s life, as he tried to find his way through a multitude of grown-up challenges. Though he knew he was not living the healthiest life, he did not view it as a pressing problem either. His lack of concern eventually changed after he witnessed the health issues that resulted from his father s destructive behavior and disinterest in physical fitness and healthy habits. Andrew realized that he had to find a way to prevent the same...

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