



How To Lose Weight in a Heartbeat:

Allan Douglas

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I have suffered from the effects of morbid obesity all my life. Over a year ago, I was so overweight my Doctor feared imminent death. My blood pressure was 225/125. It was panic stations.

I had made two fundamental mistakes. One, I had ignore the silent killer signs. The other? after an accident, I had turned to food through boredom and feeling sorry for myself. I put on a vast amount of weight on top of an already big problem. I had to go buy 8XL clothing, and the tailor I used for years was virtually in tears at the sight of me being so big.

My friends were reluctant to invite me out walking, I was wheezing so badly they thought I would pass out. You would see me walking around on a sunny day with an umbrella, using it as a walking stick. I didn't want to admit I had allowed myself to get to the point I actually needed a walking stick. When I say walking about - I was so bad I had to calculate if I could make it to the corner store and back.

That's how bad it got - and people that knew me in the community were horrified to see me in that condition. I truly was on the tipping point. Now? A ten mile walk wouldn't bother me. I can hammer away at boxing bags to my heart is content, do fifty lengths of the pool, you name it.

As you will read in the book, millions of people are now disabled and bedridden due to obesity. I get it - I was almost in the same boat. A year later I could row a boat for hours if I wanted to. Like other morbidly obese people, I had tried every diet under the sun and failed. Now, I'm fit again. What brought about the change? It was a realization that I had been concentrating on the wrong thing. I kicked the emotional bully into outer space, and got my life back, slowly but surely.

Slowly but surely - this is not a "lose weight quick," book. The book addresses another couple of issues that are far more crucial in the short term. Concentrate on these and you will turn your life around.

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