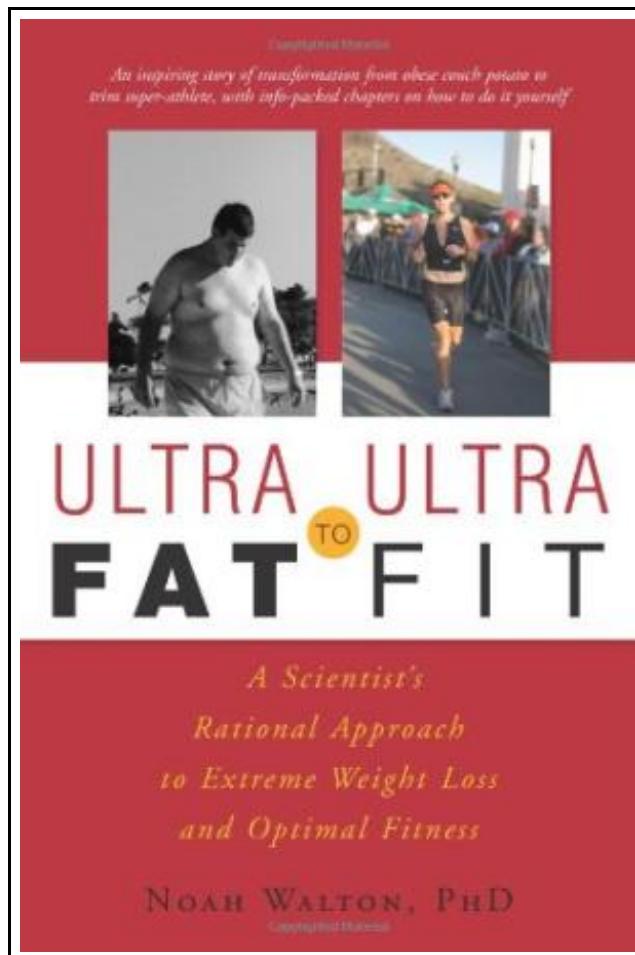


Ultra-Fat to Ultra-Fit: A Scientist's Rational Approach to Extreme Weight Loss and Optimal Fitness



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ULTRA-FAT TO ULTRA-FIT: A SCIENTIST'S RATIONAL APPROACH TO EXTREME WEIGHT LOSS AND OPTIMAL FITNESS

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Sentient Publications. Paperback. Book Condition: new. BRAND NEW, Ultra-Fat to Ultra-Fit: A Scientist's Rational Approach to Extreme Weight Loss and Optimal Fitness, Noah M. Walton, This book answers a seminal question that every overweight person has asked themselves at one time or another: If I really buckled down and tried to get in shape, just what am I capable of? The author, Noah Walton, decided to conduct a one-man experiment to find the answer. Armed with only his wits and a desire to lose a lot of weight, Noah set out to transform himself from a 340-pound blimp into an elite athlete. The book begins with Noah stepping onto the scale to confront the terrible reality of his physical condition. The book concludes five years later as he qualifies for and competes in the US National Triathlon Championships. The book is divided into two parts: a narrative section that connects the two events and a prescriptive section of advice and insights gained during the journey. Ranging from informative to humorous to emotional, the book strives to uncover the extent to which we can all take control of our lives and our bodies. In a world where 95% of diets fail, Noah's approach represents a fresh look at a very old problem. The book covers the complete range of human body types and offers advice for each. The author discusses his weight loss trials and tribulations in an easy-to-relate-to manner with a good dose of humour thrown in. He discusses the various reasons that weight loss is so hard for people and how he combated each issue. Five years of active research and work went into his experiment and he is still actively engaged in his unique approach to weight control and fitness.



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