

[PDF] Never Goin' Back: Winning The Weight-Loss Battle For Good

Al Roker, Laura Morton - pdf download free book

Books Details:

Title: Never Goin' Back: Winning the

Author: Al Roker, Laura Morton

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Description:

From He once topped the scales at a dangerously unhealthy 340 pounds. Now down to a svelte 190, TV weatherman, actor, and author Roker shares the decisions and denial, steps and sidesteps, traps and tradeoffs that caused his weight to balloon to the ranks of the morbidly obese. Diets came and went, as did marriages, career opportunities, and enough wardrobe replacements to clothe an entire village, yet Roker found himself unable to commit to a weight-loss program that worked. In this searingly honest and genuinely relatable account, Roker chronicles how childhood eating habits morphed into lifelong obsessions with candy and cheeseburgers, and he reveals how early humiliations made the comfort to be found in food that much more enticing. A promise to his dying father to get and stay healthy motivated Roker to undergo gastric bypass surgery and eventually

discover the nutrition and exercise programs that have helped him maintain a healthy lifestyle. As unpretentious as Roker's television persona, this motivational diet memoir provides inspiration, and recipes, for others struggling with weight-related challenges. --Carol Haggas

Review "[An] intimate memoir. . .Readers will appreciate this personable weatherman's candor and humor as he chronicles his struggle and ultimate success." - *Publishers Weekly*

"Searingly honest and genuinely relatable. . .As unpretentious as Roker's television persona, this motivational diet memoir provides inspiration, and recipes, for others struggling with weight-related challenges." - *Booklist*

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