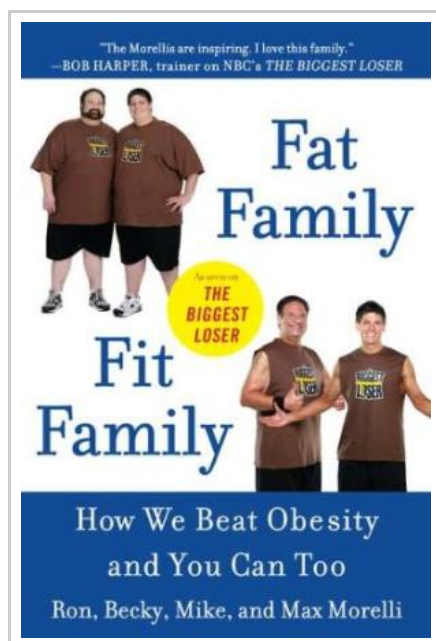




Fat Family/Fit Family: How We Beat Obesity and You Can Too

By Ron Morelli, Becky Morelli, Mike Morelli

Penguin Putnam Inc, United States, 2011. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book. The inspiring true story behind the weight-loss saga chronicled on NBC's blockbuster show, The Biggest Loser. There's no getting past it: the Morellis were a fat family. From cookie dough and pizza binges to extreme plastic surgeries, Ron, Becky, Mike and Max Morelli experienced the swinging pendulum of weight loss that so many Americans know all too well. But when Ron and Mike were accepted as contestants on The Biggest Loser, the Morellis' lives changed forever. Ron, at 430 pounds, and 18-year-old Mike, at 388 pounds, made it to the final four, losing a whopping 399 pounds combined. Fat Family/Fit Family also tells the story of wife Becky and youngest son, Max-the story not seen on TV, but relatable to scores of American families, the story of what happens when two foodaholics meet, fall in love, get married and raise (almost inevitably) foodaholic kids. Sharing the eye-opening perspective of each family member, Fat Family/Fit Family chronicles the Morellis' amazing journey in dropping over 700 pounds together, from the emotional and physical struggles of obesity to the triumph of...



READ ONLINE

[7.89 MB]

Reviews

It is one of the most popular publication. It really is written in easy words and not difficult to understand. You are going to like how the author wrote this book.

-- Prof. Evans Balistreri DDS

Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lydia Legros