



One Foot in Front of the Other (Hardback)

By Leon LeClair Angel Logan Andrew Leon LeClair Angel Logan, Andrew Leon LeClair

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...



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