



## Goodbye, Fat Guy

By Stark Taylor

Rogers Publishing and Consulting. Paperback. Book Condition: New. Paperback. How can you lose more than 200 pounds-and keep it off for almost 20 years-without signing up for some costly commercial diet program . . . or facing the daily hassle of replacement meals . . . or depending on over-the-counter weight-loss aids that may or may not help The answer comes from a man who is living proof it can be done. Starke Taylor once walked through life dangerously overweight before deciding to take control of his life, change his lifestyle and design a personal day-at-a-time dieting plan that restored his self-control and enabled him to successfully lose weight. And now in his new book, Goodbye, Fat Guy!, Taylor not only describes how his Building Blocks of Success blueprint worked for him but how it can help others achieve their own weight-loss goals. By the time youre finished with this book, your attitude about your body, your health and your life will be changed forever, says Maggie Greenwood-Robinson, best-selling author of The Biggest Loser. There are amazing, workable secrets here. His principles are sound. Theyre aimed at real people living real lives. By sharing his amazing story, Taylor details how...



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