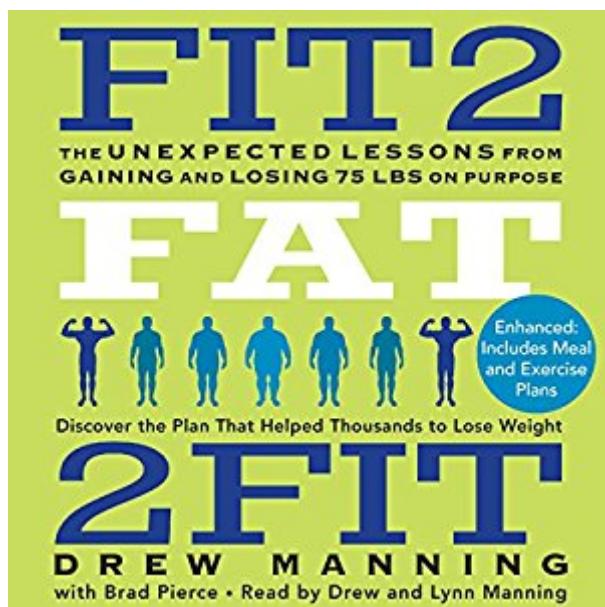


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# Fit2Fat2Fit: The Unexpected Lessons From Gaining And Losing 75 Lbs On Purpose



## **Synopsis**

Drew Manning, a natural fitness junkie and devoted personal trainer, had never been overweight in his life. He never craved junk food or missed an opportunity to work out. Yet despite his obsession with fitness, he failed to help his clients reach their goals. Something had to give. Manning needed to understand what it was like to be on the other side; he had to spend a few months in his clients' shoes - or rather, size. For six months, Manning radically let himself go. He stopped exercising and ate nothing but the typical American diet of fast and processed foods. Not surprisingly, he started to gain weight. Manning made national news when he posted a blog revealing that he had gained more than 60 pounds. (He ended up gaining 75.) In only half a year, the out-of-shape trainer-turned-blogger had gained more than he ever expected - and not just in pounds. Manning devoted the next six months to losing the weight as quickly as he had gained it. The lessons he learned were priceless, as he had now experienced both sides of the weight-loss battle. What started as a physical challenge became an emotional and mental wake-up call. In *Fit2Fat2Fit*, Manning reveals the practical takeaways and profound insights of his yearlong journey. With startlingly honest stories, concrete easy-to-implement strategies, recipes, exercises, workout routines, meal plans, and much more, listeners will be fully equipped to achieve any weight-loss goal.

## **Book Information**

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## **Customer Reviews**

Very interesting accounting of a personal journey of a fitness trainer. He was willing to test a

hypothesis and get more insight of what it really truly was like to have to lose a significant amount of weight. He was willing to walk in their shoes so that he would have more understanding of the struggles of his clients. It was obvious that he gained in understanding, empathy and self-knowledge.

I read this book with an open mind and no expectations. It was absolutely an amazing and inspirational read. I no longer feel self conscious and like an annoyance that doesn't belong in the gym. And being a fat girl, that's a big thing to say!

I was hoping for a lot more information on how his weight gain/loss translated into better results for his clients. He plays lip service to that being his primary motivation throughout the entire book, but never actually gets around to explaining how what he learned actually helped. Makes me feel like it was just a marketing strategy, not R&D. Or maybe it's a good idea but he's not the right guy to apply lessons from it. I dunno. If you're into a bunch of feelings and some recipes you'll probably rate it higher than me.

This book contained all the wisdom, guidelines, and knowledge that it claimed to have. Written in an easy-to-read style, you feel an immediate connection to the authenticity of the author. Well worth your time!

It was a good read, I enjoyed knowing the story behind his choices & hearing his wife's point of view. Initially purchased for more info regarding his keto lifestyle & exactly how he transformed after his weight gain so was a bit disappointed there wasn't more about that.

I purchased Fit2Fat2Fit a week ago after following the A&E TV series. The show is totally awesome so I decided to buy the book. First of all I will say is the \$10 I paid was well worth it just to find the Spinach Shake recipe. To be honest I have never loved eating spinach but if you try the spinach shake you will be amazed at how good it is and every serving has three cups of fresh spinach in it. I loved the shake for breakfast, lunch or dinner or even for a snack. The book chronicled Drew's idea of gaining 75 lbs. in order to really see what challenges his over weight client were having. I won't go into anymore book detail other than to say it is very interesting and it was worth my time and money. I was a little miffed or put off by the story in the book of Drew's friends bringing him carrots while visiting his home but Drew would not eat the carrots because they contained too much starch.

This story made Drew look like a robot who has no trouble not eating something tempting like a cookie or some ice cream. It made me think that Drew is still way out of touch with the normal American and the real life struggles of the Obese. My actual rating is 4.4 Stars.

One of the best "diet" books out there. The recipes that are included are amazing. By following this simple plan I lost over 40 lbs.

I have been interested in this adventure since I first read about it online. After finally reading the book, I am seeing Drew in a new light. The book reveals that this was not just a publicity stunt, but a man really trying to understand the journey to a healthy life in order to help people. Drew is honest and open about his failure to understand until after experiencing it. I think he really "gets" it and offers real advice to anyone on the journey themselves.

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