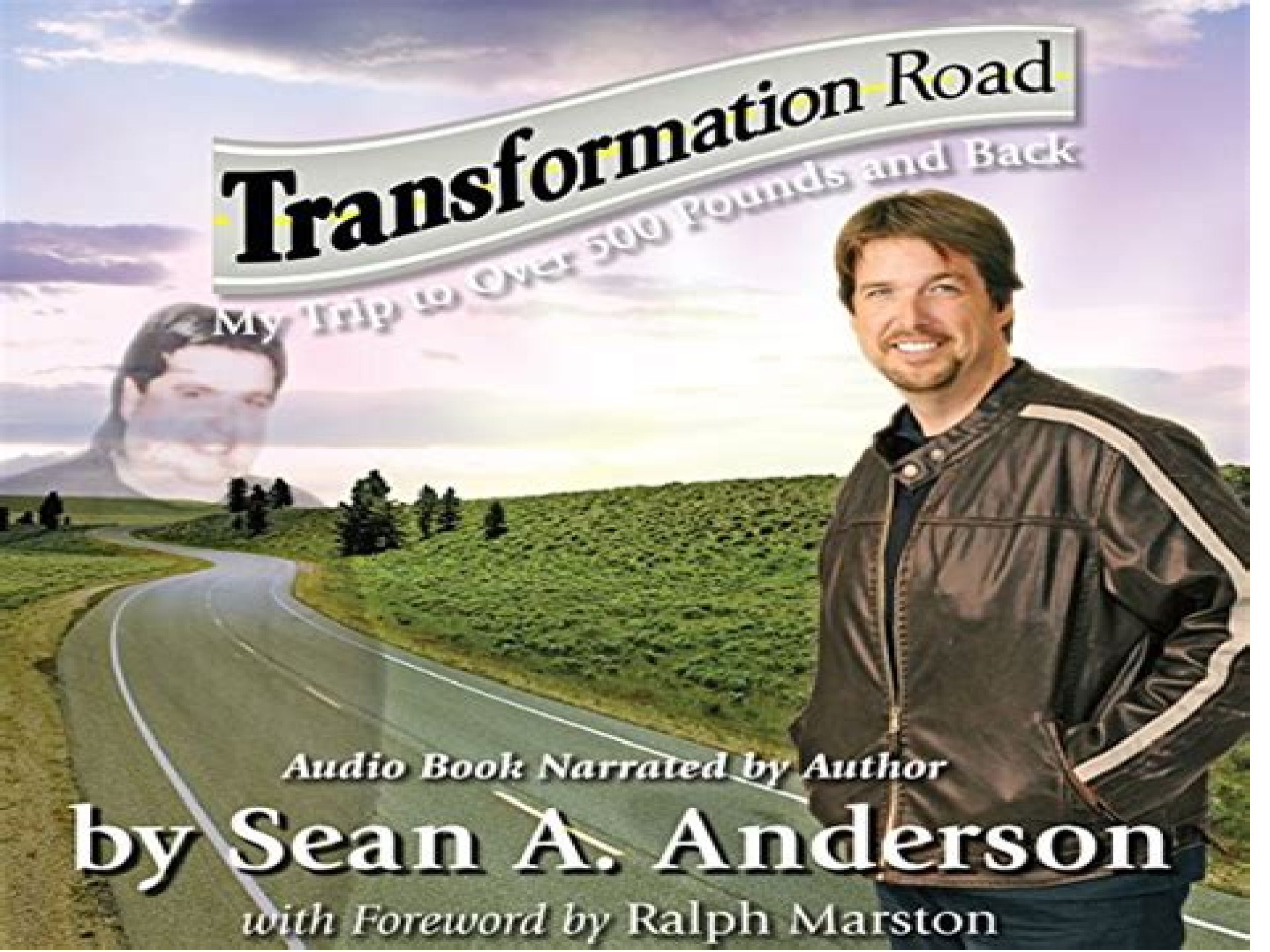




Transformation Road

My Trip to Over 500 Pounds and Back

Audio Book Narrated by Author

by Sean A. Anderson

with Foreword by Ralph Marston

Transformation Road My Trip To Over 500 Pounds And Back

Yijin Wang



Transformation Road My Trip To Over 500 Pounds And Back:

Transformation Road - My Trip to Over 500 Pounds and Back Sean A. Anderson, 2011-12 Transformation Road takes the reader on the long and often tragic journey of Sean Anderson's battle with food and morbid obesity spanning just about his entire life. His experience with declaring war with himself graphically depicts the tortured soul of most of us who face an addictive and pathological relationship with food. Having won many a battle but inevitably losing his war, Sean offers us some insight as to who the real enemy has been. Transformation Road takes the reader away from the typical weight loss fixes and asks the reader to consider the nature of emotional eating and the symptom of obesity. The author reveals his moment of clarity and the resultant decision to declare a truce with his war with food. What follows is Sean's recipe for food addiction recovery. Although incorporating some suggestions that run contrary to some recovered food addicts, Sean's experiences are worth learning about and considering.

School Executives Magazine, 1929 **New York Magazine**, 1979-12-10 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea.

Flying Magazine, 2004-08
Flying Magazine, 1959-10 Progressive Farmer, 1918 **Stories Are What Save Us** David Chrisinger, 2021-07-06 A foreword by former soldier and memoirist Brian Turner, author of *My Life as a Foreign Country* and an afterword by military wife and memoirist Angela Ricketts, author of *No Man's War: Irreverent Confessions of an Infantry Wife* bookend the volume.

The Cultivator & Country Gentleman, 1870 Douglas Airview, 1945 **Rural Heritage**, 1997

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