



Weightless: My Life as a Fat Man and How I Escaped

Gregg McBride

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Gregg McBride was always determined to make it big -- Although not quite *this* literally.

By the time he was a young adult, Gregg McBride topped the scales at over 450 pounds and wore a sixty-inch belt.


Pretending airline seatbelts fit across his belly, eating out of the trash to cheat on his diets, and working as an overweight stripper are just some of the misadventures Gregg endured as he continually tried to win his battle of the bulge.

It was only when Gregg took an inward journey that he was able to free himself from his food addiction and take off more than 250 pounds of excess weight, which he's kept off for over a decade.

Alternately hilarious and heartbreaking in its honesty *Weightless* is a tale of "food gone wrong" that chronicles the before, the during, and the after in a way no other book has, and will move, educate, entertain, and inspire anyone who is ready for change.

Gregg McBride is a film and television writer and producer living in Los Angeles, where he works for companies including Disney, Paramount, Sony, ABC Family, Nickelodeon, Comedy Central, MTV, and others. His blog, JustStopEatingSoMuch.com, focuses on the topics of weight loss and food addiction. McBride has made multiple appearances on the *Today Show* and is also the author of the book *Just Stop Eating So Much!*, as well as a featured blogger for the *Huffington Post*.

Joy Bauer, MS, RD, CDN, is the longtime nutrition and health expert for the *Today Show*, a contributing editor to *Woman's Day* magazine, and the *New York Times* best-selling author of *Food Cures* and *Joy Fit Club*.

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Marivel Tye:

This Weightless: My Life as a Fat Man and How I Escaped is great book for you because the content that is certainly full of information for you who also always deal with world and possess to make decision every minute. This particular book reveal it data accurately using great plan word or we can declare no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with wonderful delivering

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