



From Fat to Fit in 1 Year: How I Defeated Obesity Forever: A 28 Kg/62 LB Demonstrable Weight Loss Achievement

By Jorge Zuazola

Createspace, United States, 2011. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Congratulations. Now double click on the look inside feature of this black and white copy of the book. You will see an incredible index with outstanding results. In March 2010 Jorge Zuazola, founder of Spanish Leadership, met with Fernando Torres, Spains Euro 2008 winning goal scorer at a Hotel in Paris, France. As the picture in the cover evidences Jorges weight was 108.5kg or 238.7 lb. Jorge felt ashamed of his weight. As he had July 11th in his dream list to see Spain clinching gold in Johannesburg as World Champions, he started a weight loss programme. The second picture of the front page portrays Jorge in Frankfurt, Germany in March 2011 at the offices of his general practitioner Jose Manuel Gonzalez Griego, a doctor who is a Cuban native who took political asylum in South Africa and is now settled in Germany for decades. Jorge is wearing the Spanish national team gold medal T-Shirt. The difference is that this time he only weighs 80.5 kg or 177.1 lb.



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It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- **Ms. Christy Ondricka DDS**