



Killing A Fat Guy: How To Kill The Fat Person Living In Your Mind And Create The Fit, Healthy Person You've Always Wanted To Be

Gary Drumm

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At my heaviest I weighed 345 pounds. In June of 2012 all of that began to change. I recognized that there were two people living in my head. A fat guy and a fit guy. I determined to find a way to get the fat guy out of my head and out of my life. My journey took into the world of philosophy, psychology, mindset, personality, identity, and nutrition and training. This book tells the story of how I lost weight by not trying to lose weight and how I have made life-long changes to my nutrition, my training routines, and most importantly my mind. If you are struggling with being overweight this book will teach you the skills you need to change everything about yourself and start living the life you are worthy to live.

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