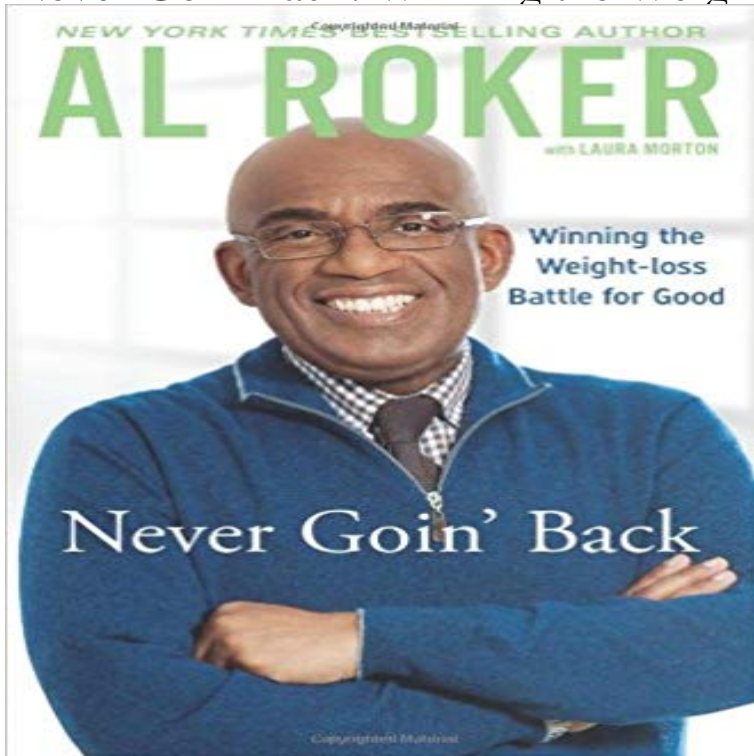


Never Goin Back: Winning the Weight-Loss Battle For Good



Al Rokers aha! moment came a decade ago. He was closing in on 350 pounds when he promised his dying father that he wasn't going to keep living as he was. That led to his decision for a stomach bypass and his life-changing drop to 190. But fifty of those pounds gradually crept back until he finally devised a plan, stuck to it, and got his life back. Never Going Back is Rokers inspiring, candid, and often hilarious story of self-discovery, revealing a (now slimmer) side of his life that no one knows. With illuminating and sometimes painfully honest stories about his childhood (as the husky boy in class), his struggle against the odds to make something of himself, and his family life today, Roker reveals the effects that a lifelong battle with weight issues can have on a person and how, regardless of the frustration and setbacks, you must never lose faith in yourself (just inches). Al is telling his story to inspire others to lose the weight they've always wanted to lose, keep it off for good, and regain their health. He knows firsthand that it is a day-to-day process and that unrealistic diets rarely work (he has tried most of them!). And, most important, he knows that losing weight is as much if not more a state of mind as of body. That's why he's here: to recharge your willpower and see you through it like a friend with warmth, humor, and a healthy new outlook on life.

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After making a promise to his dying father, Al Roker - Today Show Never Goin Back has 459 ratings and 72 reviews. Angela said: I was pleasantly surprised at how much I enjoyed this book. I haven't always been a fan of **Al's new book: NEVER GOIN BACK: Winning The Weight Loss** Find great deals for Never Goin Back : Winning the Weight-Loss Battle for Good by Laura Morton and Al Roker (2012, Hardcover). Shop with confidence on **Never Goin**

Back: Winning the Weight-Loss Battle For Good Editorial Reviews. From Booklist. He once topped the scales at a dangerously unhealthy 340 pounds. Now down to a svelte 190, TV weatherman, actor, and **Never Goin Back: Winning the Weight-Loss Battle For Good** - eBay Find helpful customer reviews and review ratings for Never Goin Back: Winning the Weight Loss Battle For Good at . 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