

You dread taking off your shirt. You dread summer. You dread phys-ed class. You dread little league sports. You dread facing the people who saw you without your shirt on. It takes a lot of guts. Ultimately, my gut grew and grew, but nothing made a bigger impact than the day I saw bumps. My gut had bumps on it. Bumps of fat were all around my gut. Unsightly and unseemly bumps. Depending on perspective, we are blessed or cursed with long-term memory. The good news is the image of gut-bumps is stored in my memory, and the delete

FAT LOSING
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BOOK ONE: THE PSYCHOLOGY OF FAT FIGHTING

GINO ARCARO

button is broke. The image has never failed to drive me in the gym, the kitchen, or on the treadmill. The bad news is that I kept seeing the image of gut-bumps long after they actually disappeared. You can't find clothes that fit. No matter how you cut it, (excuse the pun) nothing fits right. The result is a misfit. Fat-fighting starts at the top, building your mind builds your body. That's also why fat-fighting doesn't have an off-season. One game leads to another. The true secret is to build a winning streak with a streak of fat losing. Fat losing doesn't just happen. Nothing just happens. This has a dual meaning: it doesn't happen automatically or overnight, and it doesn't happen by accident. Fat wins or fat loses by design, by the exercise of free will.

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By Gino Arcaro

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