



Man on a Mission

By Wayne G Vandenlangenberg

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 82 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. when facing death due obesity related issues, I had to face reality and learn how to fight back after decades of over eating and neglect to myself. while in an medically induced coma for 11 days I saw the light of my grandmother, and after a brief conversation of her telling me it was not my time, and I need to go back and fight and finish an unknown challenge. I figured it was to get healthy and spread the word after joining a few weight loss clinics and losing a over 400 pounds I struggled and gained almost 60 plus pounds back. Only 25 pounds to my goal and gaining 60 plus pounds I reached over 300 pounds again. I went on the hunt for a support group for accountability, and found the weight loss groups tops and through them I reached my goal through weekly accountability I lost over 92 pounds reached my goal and became the 2013 Wisconsin state king for tops. my journey was a long and hard, but through friends and support I made it...



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