



Big Tall Chronicles: Misadventures of a Lifelong Food Addict! (Paperback)

By Gary Michael Marino

iUniverse, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Big Tall Chronicles is a revealing and powerful, yet surprisingly comical account of Gary Marino's lifelong battle with obesity. It details how growing up overweight in America negatively affects an individual. Anecdotes demonstrate how Mr. Marino's weight problem put him in situations or misadventures that he normally would not have experienced, and offers a brutally honest look into the self-destructive mindset that modern day food addicts go through, and the frustrations and downfalls that occur while trying to live a normal life. The passionate soul-searching that ultimately pushed Marino's inner button and led him to a healing path resonates with a bittersweet familiarity for anyone recovering from an addictive disorder. Marino shares the knowledge and insights he has gained with the help of his Dream Team of experts, including a sports medicine specialist, a nutritionist, a personal trainer, and a therapist specializing in weight-loss issues. Truthful, educational and soul-baring with a humorous undercurrent, Big Tall Chronicles may very well be the breakthrough personal journey and addiction recovery book millions of Americans have been waiting for to dig deep into...



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