



Hungry: Lessons Learned on the Journey from Fat to Thin by Allen Zadoff

By Allen Zadoff

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Weight loss advice, laughter, and inspiration from the delicious, caloric, yet uncomfortably large life experiences of a formerly fat man.

Allen Zadoff spent years reasoning that a big, healthy man should have a big, healthy appetite and that his rapidly increasing girth was no more than a regular guy thing.

At 350 pounds, however, it became clear that what had started as a little weight problem was destroying his life. Desperate to find a new way of living that would carry him into thin and beyond, Zadoff began to focus less on what he ate, and more on the physical and emotional underpinnings of what he came to understand as a disease. The pounds melted away, and so began the adventure of a lifetime.

Following Zadoff's incredible journey both up and down the scale, *Hungry* blends his personal story with surprising strategies for weight loss success; it is as laugh-out-loud funny as it is inspirational.

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