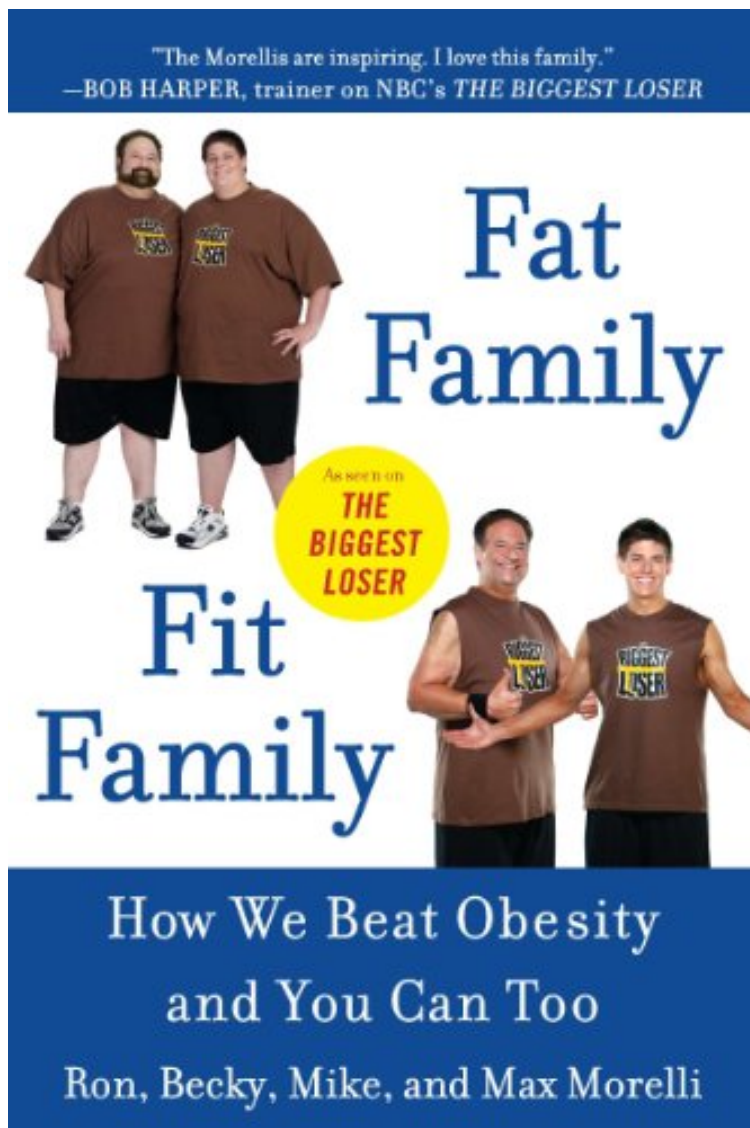


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Fat Family/Fit Family: How We Beat Obesity and You Can Too



Par Ron Morelli, Becky Morelli, Mike Morelli, Max Morelli
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Description :

Prsentation de l'diteurThe inspiring true story behind the weight-loss saga chronicled on NBC's blockbuster show, The Biggest Loser. There's no getting past it: the Morellis were a fat family. From cookie dough and pizza binges to extreme plastic surgeries, Ron, Becky, Mike and Max Morelli experienced the swinging pendulum of weight loss that so many Americans know all too well. But when Ron and Mike were accepted as contestants on The Biggest Loser, the Morellis' lives changed forever. Ron, at 430 pounds, and 18-year-old Mike, at 388 pounds, made it to the final four, losing a whopping 399 pounds combined. Fat Family/Fit Family also tells the story of wife Becky and youngest son, Max-the story not seen on TV, but relatable to

scores of American families, the story of what happens when two foodaholics meet, fall in love, get married and raise (almost inevitably) foodaholic kids. Sharing the eye-opening perspective of each family member, Fat Family/Fit Family chronicles the Morellis' amazing journey in dropping over 700 pounds together, from the emotional and physical struggles of obesity to the triumph of their newfound healthy lifestyle. Obesity doesn't just happen in a vacuum-it starts in homes like the Morellis, and it can end there, too. Fat Family/Fit Family is an ultimately inspiring story about the healing power of family.

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Biographie de l'auteur
The Morellis are a family that struggled with obesity and conquered it. In January 2009, Ron Morelli and his eighteen-year-old son, Mike, were cast as contestants on season seven of *The Biggest Loser*, making it to the final four and losing four hundred pounds combined. At home, Becky (who has previously lost 125 pounds) and her youngest son, Max, watched with America as her family shrank. Inspired by his father's and brother's success, Max went on to lose almost 150 pounds. Now, the formerly fat family has become a fit family, inspiring millions along the way. The Morellis live in South Lyon, Michigan, and continue to educate others about nutrition, fitness, and weight loss.