

# FROM CHUNK TO HUNK

\*\*\*DIARY OF A FAT MAN\*\*\*

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*By age 33, Fred Anderson weighed over 370 pounds and suffered from diabetes, elevated blood pressure, sleep apnea, and chronic heartburn. But watching television one night in May 2000, he caught a glimpse of his own future in the form of an out-of-control diabetic in an emergency room, undergoing a leg amputation. Anderson was terrified, and in an instant, determined his future must change. He got off the couch, and never looked back. In this one-of-a-kind autobiography, Fred shares with the world what it was like to be trapped inside a prison of fat, and how he lost 171 pounds in under two years.*

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