



Think and Grow Thin

Lavon Tyner

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I'm not Dr. OZ or Dr. Phil, I'm just someone like you, someone who is still battling his own demon's. This battle of the bulge is for real and you can either stand up and fight this battle or you can just sit back and do nothing, but sitting back and doing nothing is like playing Russian Roulette with a fully loaded gun. But the big wig's who are pushing all of the fast foods and get slim quick merchandise on us don't care about us, all they want to do is make money off of our pain and suffering. So all I'm saying is THINK before you EAT and you will GROW THIN. The world is so different today then it was 40 year's ago, 40 years ago as a kid, I would hear my, parents arguing about if he wants some more food give it to him, but they had no clue to what bad eating habits they were teaching me. Bad eating habits that would help shape the person that I became, but the breaking of these bad eating habits would help in the reshaping of the NEW MAN that I am to become and not just in a physical way, but also mentally.

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Dana Hanley:

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Linda Christopher:

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Tara Smith:

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