

## Update on The Book

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We have almost finished writing the book that I have mentioned in previous blogs and the book proposal will be out to prospective agents soon.

To give you a brief overview, the book is about my life story in the first person. A story of a nearly five hundred pound man with poor eating habits from childhood and a roller coaster ride, at times, of uncontrollable eating through adulthood.

It includes successes and failures at trying to manage my life and you will see how this out of control behavior extended to and affected other areas of my life.

The book consists of alternating chapters with my co-author, gastric bypass surgeon, Dr. R. Armour Force, a renowned specialist in bariatric surgery with over thirty years experience. Dr. Force's chapters provide the medical point of view as it relates to the challenges of a person with overeating disorders.

The book is about more than just obesity. Obesity is often a symptom of problems much deeper. The fact is that all people with overeating disorders have underlying issues. It is also a book about commitment.

The book points out that a total commitment to changing your life by changing your eating habits, including exercise as part of your day and addressing your underlying issues provides long term success.

Stay tuned for more information on the publishing date which we hope will be by mid to late summer.

Tags: [Lifestyle Changes](#) , [Foodaholic](#) , [Weight Maintenance](#) , [Weight Loss](#) , [Overeating Disorders](#) , [Successful Gastric By-Pass Surgery](#) , [Trigger Foods](#) , [Food Addiction](#)