



## The Power Within: How Can I Concentrate When There s Food in Front of Me - A Journey of Change (Paperback)

By Trent Hepler

Power Within, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The eve of my 40th birthday I was morbidly obese. 10 months later I ran my first marathon. I lost more that 140 pounds without surgery, a special diet, or a gym membership. What the crap did I do? How did I do it? What was I thinking? There are many journal entries present in this work. Some have been summarized, but none were edited, in hopes of maintaining the raw and very real feeling they possess. I share this personal transformation so that others may receive direction, encouragement, and inspiration in their own journey of change. My wife adds this: My husband, Trent spent most of his life developing his fat and funny persona, but as he approached his 40th birthday he knew there was more to him than being the life of the party. He dreamt of running a marathon. So, putting his trust in the Lord and teaming up with some key friends and family he started his transformation. 10 1/2 months later and 150 pounds lighter he crossed the finish line and his new life began. Today Trent has...



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