



The Million Heartbeat Challenge: Can You Do It?

Allan Douglas

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I spent years fighting against morbid obesity, and morbid obesity won hands down. It brought along its best pals - self-loathing, despair, and false hope; oh, and its tank division - the weight scales. I was on the edge of disability and ready to just give up and accept my fate.

Then the first swallow of spring appeared - something I could do that would yield rapid results and turn back the tide. In a mere 21 days, you can make a massive difference. The challenge is not about attacking morbid obesity - it's about going around it.

Let morbid obesity shout and bawl and scream for attention as you go down a different path that your body will love you for. Every good general knows that the best victories come from outmaneuvering the opposition. That's what we will do here. And as the audiobook outlines, it doesn't matter if you are grossly unfit just now - you will see an improvement. One that will delight you.

So come and join the Million Heartbeat Challenge now, and make the difference your body deserves.

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