



Zombie Truckers (Paperback)

By Fsp Chhc Aadp Cyr Dos

Page Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Truckin Bob s convoy to healthy living wasn t always the case. Years of abuse through food addictions and living an unhealthy lifestyle of stress, poor diet, little sleep, demanding work schedules led Bob down the road to becoming a living Zombie. For many folks in the transportation industry, living a balanced lifestyle is incredibly difficult. Having tried countless fad diets, and exercise regimes over the years with little success was demeaning and endlessly hopeless. The realization came in an epiphany at the death of a close friend, the sudden awareness that his course of direction would soon lead to the same fate in a short time if something drastic didn t happen soon to take control of his own health. Through the request of some divine help amazing things started to unfold. Bob shares his story and the knowledge gained during his journey along with the surprising truths learned about what s making you fat, sick, and on the road to an ugly end well before your time. Having lived the majority of his life...



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