



Rich and Fat: The Ultimate Guide to Health and Fitness for Busy Entrepreneurs

Diran Ogunlana

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Imagine that you are sitting in your doctor's office, waiting to get your physical. They call your name, and then your doctor performs a routine series of blood tests and physical examinations in order to check your health. He processes all of the information and tells you to wait; he will get right back with you. Your doctor saw something that was alarming.

As your doctor leaves the room, you begin to experience anxiety about what he could have seen to make him stop the examination so suddenly. You wait a while and as you do, a few scenarios run through your mind.

One simple scenario is that maybe there was something wrong with the tools and he just needed to get a replacement. Another possible scenario is that he needs to get an assistant to help them with the next part of the examination.

As time progresses and as the gravity of the situation starts to weigh on you, you start considering other consequences, like maybe they found something serious. You think about that for a moment. Finally your doctor enters the room and delivers the most frightening information that you've ever heard in your entire life:

You have 6 months to live.

What would you be think as your doctor delivers the absolute worst news of your life? Would you think about all of the unhealthy choices that you made today, about all of the exercise that you decided not to do? Or would you think about all the times when you discouraged the people around you from exercising, simply because you had never seen any results?

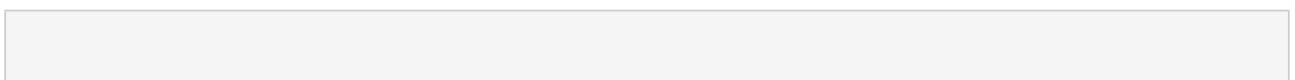
Whatever the case may be, the point remains the same. If you are dying, what would you do? Would you panic, would you cry, would you storm off, would you get a second opinion? What would you do?

Take a moment and think about the gravity of that situation.

What if the next time you went to the doctor, they told you that you had six months to live because of your bad food choices, or that you had diabetes, or that you were at high risk for a stroke, and that you needed to take a series of blood pressure medications?

The point is that you need to get active like your life depended on it. Maybe you already decided that. Why should it take a doctor to tell you that you're dying for you to get the motivation and the proper discipline in order to start eating right and start being healthy? I know for me, my doctors told me - as I started approaching the 300 pound mark - that I had a serious risk for heart attack, stroke, hypertension, and a lot of other weight related diseases. But just like you, I brushed it off.

Thankfully I got the point before it was too late. Are you going to get the point before it's too late? Isn't it time for a change? Get this book and stop making excuses - today.



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Richard Harden:

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