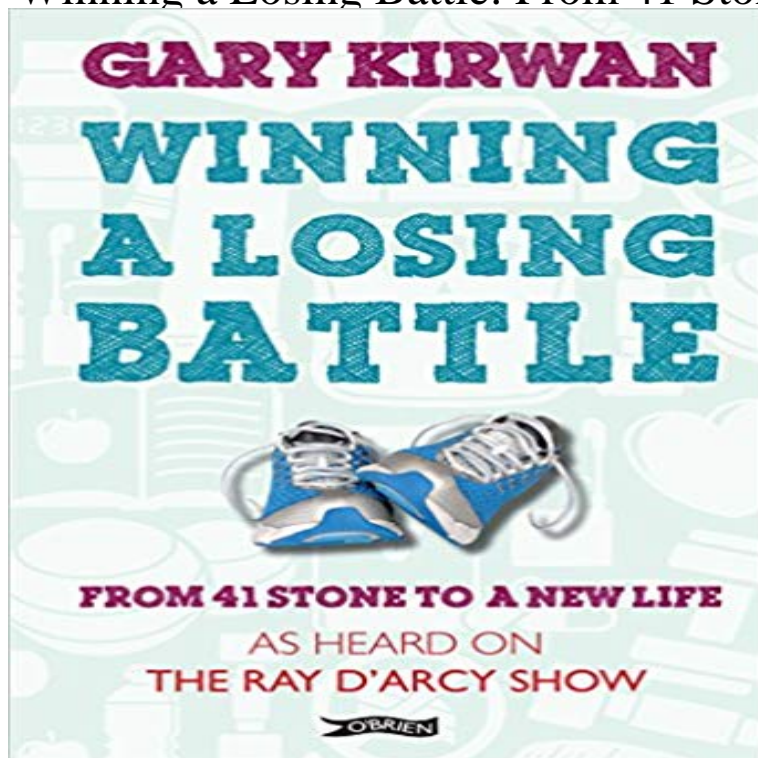


## Winning a Losing Battle: From 41 Stone to a New Life



Gary Kirwan is inspirational. He talks the talk and walks the walk. You'll be impressed by Gary's determination, discipline and downright doggedness in his attempt to achieve his weight-loss goal. In January 2011 Limerick man Gary Kirwan was morbidly obese, so heavy that no domestic scales would take his weight. In desperation, he contacted The Ray D'Arcy Show's Fix it Friday slot looking for a scale that could measure his exact weight and was weighed live on air; the verdict was worse than he ever imagined - 41 stone 3 pounds. He was devastated, but decided that this was the first day of the rest of his life. This is the story of Gary's dramatic journey from the beginnings of his obesity problem in childhood and the isolation and depression when he was at his heaviest, to taking control and becoming a new person. Today, he's outgoing, happy and loves life; he has even completed marathons and triathlons. Gary's transformation has gripped the nation, and he's determined to help other overweight people take control and find a whole new happy healthy life. Read Gary's weight-loss diary: his ups and downs, the determination to succeed, and the family and friends who, once he decided to make a change, supported him all the way. Get tips and expert advice from Gary's trainer and nutritionist to and learn how to lose weight and feel great

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