



by a yearning to empathize with his overweight clients and to demonstrate that with dedication and the right tools, weight loss success is possible. In six months, PJ packed on 50 percent of his body weight; when he attempted to lose it, he realized the true challenges of overweight people everywhere. Working through addiction to sweets and carbs, injuries, and embarrassment, PJ discovered a plan that really works. No b.s., no empty promises, just real tools and strategies from someone who “walked the talk” to figure out how to best help those who need it most.

With a targeted fitness program, “clean eating” recipes, and success stories, *Take It Off, Keep It Off* is a guide to changing your life—for good.

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