



# **Lose It Fast, Lose It Forever: A 4-Step Permanent Weight Loss Plan from the Most Successful "Biggest Loser" of All Time**

*Pete Thomas*

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Foreword by Jillian Michaels

**One of the most successful contestants on NBC's *The Biggest Loser* shares his time-tested fitness program, which has helped hundreds of his students lose weight . . . and keep it off.**

Pete Thomas weighed more than 400 pounds when he landed on the NBC hit reality show *The Biggest Loser*. Nine months later, he won the \$100,000 prize after losing a whopping 185 pounds. Determined to help others, he now teaches a weight-loss program that has led to lasting results in hundreds of students from all walks of life. In *Lose It Fast, Lose It Forever*, he makes his phenomenal four-step process available to everyone.

Raised in and out of foster care because of his mother's mental illness, Thomas knew the pain of physical and emotional hunger throughout his childhood. This has given him special insight as a weight-loss coach, and his turnaround is a remarkable testament to his program. These fundamentals provide lasting results: start with a commitment to lose just one pound at a time; create transformational life changes in your mind, mouth, and muscles; get rid of even those last, few, pesky extra pounds; and learn how to maintain a lifetime of fitness and health. Easy-to-implement action steps will keep readers motivated.

With recent achievements that include completing two triathlons and delivering the keynote address at the National Congress on Obesity, Thomas's inspiring story will help all readers discover the winner within.



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