

## Fat Into the Fire: The Complete Way to Get Fit and Stay Fit

**David P. Morrow**

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Jettison negative thinking unhealthy diet and sedentary ways and voila—a new you.

The author's enthusiasm energy level and sense of humor are contagious and lighten this weighty subject. David P. Morrow draws on his varied background in physiology personal training nutrition body building weight lifting power lifting and positive Christianity as he writes a compendium of sage advice. Everything fits neatly into his theory that outlines three components necessary to a balanced healthy life which leads ultimately to weight loss. Simply put his theory consists of three links: exercising the mind which he refers to as the "missing link"; the "fuel link" of food and proper nutrition; and the "physical link" or exercising the body.

With few personal anecdotes the emphasis lies on helping the reader rather than listing the author's accomplishments. The book covers just about every concern regarding weight loss and exercise from tips like "eat with your mouth closed" to ways to cheat (if you must). A brief overview concerning metabolism and the effect that stress-produced hormones have on weight loss is also included.

The requisite calorie charts are provided along with a meal planner and recipes for simple meals that take the focus off of preparation. The author also includes a sprinkling of quotations from an eclectic mix: a few Bible scriptures as well as sayings from such secular personalities as Dr. Seuss Oprah Aristotle Maharishi Mahesh Yogi and Mom and Dad.

Black and white photos help readers visualize proper exercise positions. Workout regime descriptions follow an easy to understand format. A portion of the exercise description applies to "unregimented exercise" such as dancing laughing household chores etc. Plus the author advocates a mixed bag of exercises such as Yoga cardio and strength training.

Throughout *Fat Into the Fire* features a positive emphasis with succinct and fast-paced writing. For example when speaking of mental imagery and positive affirmation he writes "If we have the capacity in our mind to control processes in our body then why should we not be able to have control over our metabolism and its process? I know we can. I have been performing it on myself for almost 20 years."

The title originated from his personal visualization of fat cells "...flowing quickly into this sea of fire and disappearing...while repeating an affirmation 'Fat into the fire fat into the fire.'"

If nothing else the quantity of quotes in the book makes it a fun and inspiring read. And the "extras" at the end of the book include a bibliography as well as recipes tips and food substitutes. For readers short on inspiration and information for living a balanced healthy and positive lifestyle this book may provide what they need. It ends with a positive message from George Eliot: "It is never too late to be what you might have been."

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