

How I Made Over 100 Pounds Disappear And Other Magical Tales



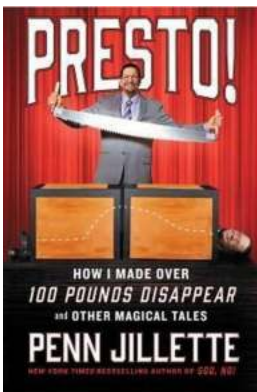
The Start of My Weight Loss Journey

Everyone wants to have a magical answer to weight loss. Well, I finally found mine and it worked like magic! It was time for me to take control of my health and

turn my life around. With determination, perseverance, and some magical techniques, I managed to make over 100 pounds disappear.

The Power of Mindset

One of the most crucial aspects of my weight loss journey was changing my mindset. I had to believe that I was capable of achieving my goals and that I deserved to live a healthy and happy life. This powerful shift in mindset allowed me to stay committed and motivated even during the most challenging times.



Presto!: How I Made Over 100 Pounds Disappear and Other Magical Tales by Penn Jillette (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2907 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 369 pages
Screen Reader	: Supported



Making Healthy Eating Magical

They say that abs are made in the kitchen, and I couldn't agree more. But who said healthy eating has to be boring? I discovered some magical recipes and food combinations that not only supported my weight loss but also satisfied my taste buds. From enchanting smoothie bowls to spellbinding salads, I made healthy eating a delightful experience.

The Magic of Exercise

No weight loss journey is complete without incorporating regular exercise. But I didn't settle for ordinary workouts; I delved into the magical world of fitness and discovered exercises that not only burned calories but also brought joy and excitement. From wand-waving yoga sessions to spell-casting dance routines, I transformed my workout routine into a magical experience.

Unveiling the Secrets of a Magical Transformation

In my quest for weight loss, I stumbled upon some secrets that changed everything. I learned about the power of portion control, the importance of hydration spells (aka drinking water), and the incredible benefits of rest and recovery. These secrets acted as my wands, enabling me to make those extra pounds disappear.

Conquering Challenges with Magic

Like any transformative journey, mine had its fair share of challenges. But armed with my newfound magical techniques, I overcame obstacles with ease. From banishing junk food cravings to waving away negative thoughts, I turned challenges into opportunities for growth and self-improvement.

The Joy of Magical Rewards

As the pounds started disappearing, I experienced a sense of joy and accomplishment like never before. I gained self-confidence, improved my overall health, and discovered a newfound love for myself. The magical rewards of my weight loss journey extended far beyond the numbers on the scale.

Sharing the Magic

Seeing the incredible transformation in my own life, I couldn't keep this magic to myself. I embarked on a mission to share my story, inspire others, and help them make their own pounds disappear. Through workshops, online platforms, and

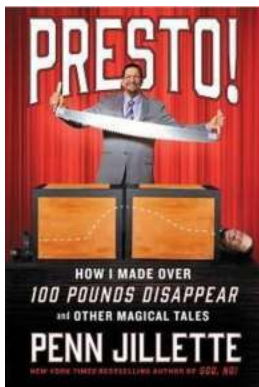
personal coaching, I aim to empower individuals with the tools and knowledge to create their own magical journey towards a healthier life.

The End of the Journey, or Just the Beginning?

My weight loss journey marked the beginning of a new chapter in my life, but it was by no means the end. I continue to explore the magical elements of wellness, constantly seeking new ways to improve my physical and mental well-being. The journey may have started with making over 100 pounds disappear, but it continues to weave its magic in every aspect of my life.

A Call to Adventure

If you're seeking a magical weight loss journey, it's time to embark on your own adventure. Believe in the power of transformation, embrace the magic within you, and make over 100 pounds disappear. Your own story awaits, filled with enchantment and wonder.



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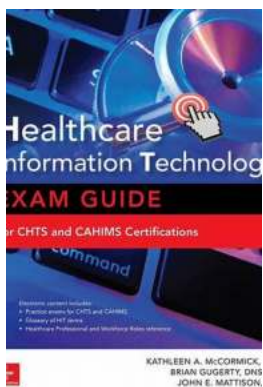
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Penn Jillette's New York Times bestselling account of his "extremely funny and somewhat profane journey to discovering a healthy lifestyle...that will motivate others to seek weight-loss solutions" (The Washington Post).

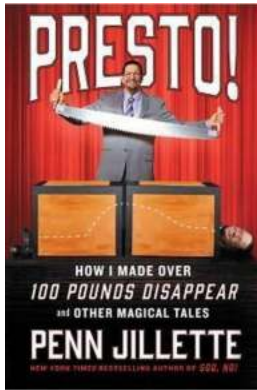
More than three hundred and thirty pounds and saddled with a systolic blood pressure reading at dangerous heights, legendary magician Penn Jillette found himself at a crossroads. He needed a drastic lifestyle change if wanted to see his small children grow up. Enter Crazy Ray. A former NASA scientist and unconventional, passionate innovator, Ray Cronise changed Penn Jillette's life with his wild "potato diet."

In Presto, Jillette takes us along on his journey from skepticism to the inspiring, life-changing momentum that transformed the magician's body and mind. He describes the process in hilarious detail, as he performs his Las Vegas show, takes meetings with Hollywood executives, hangs out with his celebrity friends and fellow eccentric performers, all while remaining a dedicated husband and father. Throughout, he weaves in his views on sex, religion, and pop culture, making his story a refreshing, genre-busting account. Outspoken, frank, and bitingly clever, Presto is an incisive, rollicking read. In the end, it is "undeniably inspiring" (Booklist).



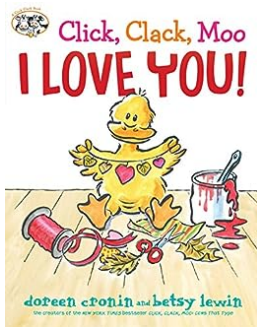
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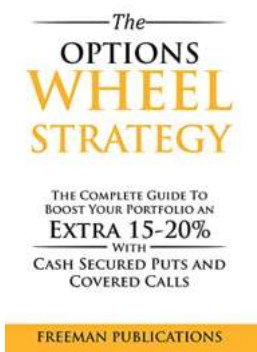
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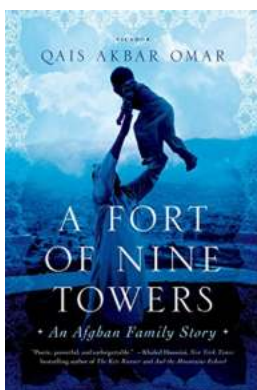
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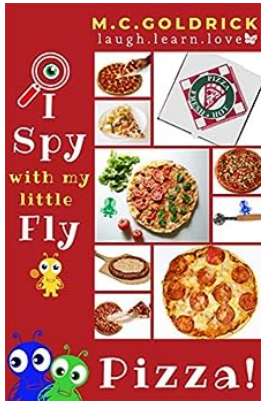
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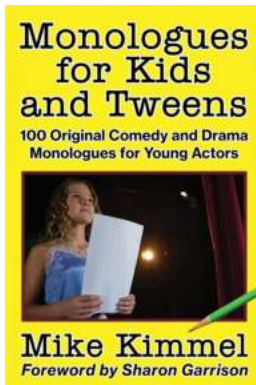
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