



Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life

By JD Roth

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Fix Your Head to Lose the Weight

From the man who created weight loss television comes a no-holds-barred guide to shedding the pounds for good, using the same problem-solving and motivational skills used so successfully with reality show contestants.

Every fat person (yes, “fat person”—there’ll be no sugarcoating here) knows that you need to move more and eat less to shed pounds. Not exactly rocket science. Yet that simple formula doesn’t get to the root of what makes someone top out at 500 pounds, or sometimes just carry an extra fifty. The big fat truth is that the secret to weight loss is what’s in your head.

Viewers of *Extreme Weight Loss*, *The Biggest Loser*, *The Revolution* and other transformational shows have seen the “technicians”—the trainers, the nutritionists, the doctors, and other health pros who appear on-screen—but they’ve never seen the heart and soul behind these amazing makeovers. That would be JD Roth, the behind-the-scenes wizard who created weight loss television. Intimately involved in casting the shows’ contestants, he’s the guy whose picture they tape onto their elliptical trainers and angrily scream at each night—then hug out of gratitude the next morning. He’s the guy who holds them when they cry and the one who tells them they need to get back on the treadmill even though they’re crying. JD is the tough-love dad for the contestants on these shows—love being the operative word. Because it’s not just TV to JD; he’s on a mission to change your life.

In *The Big Fat Truth*, JD will help you unearth the *real* reasons you’re overweight (and it’s not because you love food!). Then he’ll show you how to create your own reality show and shake up your life to do the impossible. Included throughout are inspiring stories, advice, and before-and-after photos from people JD has helped to lose weight (both on camera and off), along with quick tips for how to stay accountable and a 30-day plan for putting this advice into action.

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Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life By JD Roth Bibliography

- Sales Rank: #347606 in Books
- Published on: 2016-04-12
- Released on: 2016-04-12
- Original language: English
- Number of items: 1

- Dimensions: 9.25" h x 1.10" w x 6.25" l, .0 pounds
- Binding: Hardcover
- 288 pages

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Editorial Review

Review

“To lose weight for good, you need to become a beast—a beast who crushes your workouts, who can outsmart temptation, and who has shed the fat in your head. On *The Biggest Loser*, JD Roth was the guy who could wake the beast within anyone. With *The Big Fat Truth*, he can wake the weight-loss beast in you.”
(Jillian Michaels, *The Biggest Loser*)

“JD Roth has a passion for making this world a better place and a unique experience helping people change their interaction with food. His ideas are as original—and professional—as any I have heard on this important question. His views are inspiring, and they will help you lose weight forever.” (T. Colin Campbell, PhD, bestselling author of *The China Study*)

“On camera, you see incredible stories of transformation...but off camera is where the magic happens. Yes, you need to diet and exercise to lose weight, but making the heart and mind connection—with yourself and with others—is what will change your life forever. No one knows how to make that connection better than JD Roth.” (Chris and Heidi Powell, *Extreme Weight Loss*)

"JD Roth will cheer louder for you, fight harder for you and believe more in you than you may even do for yourself. He has become a guardian angel to so many people around the globe who struggle with their weight. I devoured his book, *The Big Fat Truth*, faster than my favorite roast turkey sandwich with lettuce mustard and tomato on Ezekiel bread. And, if you are like me, while reading his book you will feel his inspiration, devotion, commitment and passion to make our bodies less heavy and our hearts more full."
(Idan Ravin, author of the nationally acclaimed *The Hoops Whisperer* and a world-renowned trainer who has worked with superstars such as Stephen Curry, James Harden, Chris Paul and Carmelo Anthony)

“I respect JD Roth's total commitment and passion for helping people live their best life possible. Through his time with *The Biggest Loser* he learned it was not just about a physical transformation but an emotional shift that helped facilitate that external change. So whether you need to lose 10 pounds or 110 pounds, *The Big Fat Truth* will be a helpful resource of information and inspiration.” (Gabby Reece, volleyball player, sports announcer, model, and author)

“This book isn't about weight loss; it's about life gain. JD is the ultimate coach. He encourages, believes, motivates, and, above all, loves those who don't love themselves. Thank you, JD, for giving the best of yourself to help others.”
(Charissa Thompson, co-host on Fox NFL and Extra)

“I had the opportunity to work with JD for many years on *The Biggest Loser*. This is definitely a man that thinks outside the box. He is passionate about what he does and he believes with his whole heart that we all can and, more importantly, all *deserve* to live the life that we are meant to live..” (Bob Harper, *The Biggest Loser*)

“JD's unparalleled positive energy is contagious. He motivates and inspires even the most pessimistic, and has bottled his message of positivity in this book!” (Harley Pasternak, MSc, New York Times bestselling author of *The Body Reset Diet*, *5-Factor Diet*, and *5-Factor Fitness*)

“Though the process of weight-loss is a complex one, and controversy may exist in the medical and nutritional worlds about how to best accomplish this goal, one thing is certain: it all starts with the mind-body connection. No one knows this better than JD Roth. If he could write a prescription for that, it would be ‘inspiration: take one daily; repeat indefinitely!’” (Jennifer L. Ashton, M.D., F.A.C.O.G., ABC News Senior Medical Contributor on Good Morning America and co-host of The Doctors)

“JD has a way of finding the best in everyone. With his book, he’ll help you find the best in yourself!” (Dolvett Quince, *The Biggest Loser*)

“JD is a reality engineer who possesses the gift to create the real we all want!” (Ashton Kutcher)

"JD Roth throws out a life line to those who want to lose weight. He's a powerful compassionate ally whose tough love approach will absolutely help you shed extra pounds. *The Big Fat Truth* is your answer to a healthier, lighter you!" (Ming-Na Wen, actress and founder of WENever)

“JD Roth embodies empathy and compassion, two qualities that are exceptionally rare in this industry. His lessons and examples make this book a must-read.” (Tim Gunn, *Project Runway*)

About the Author

JD Roth is one of television’s most prolific and compelling producers of transformational reality TV. As cofounder of 3Ball Entertainment, JD is creator and executive producer of ABC’s hit series *Extreme Weight Loss* (formerly titled *Extreme Makeover: Weight Loss Edition*), as well as *The Revolution*, and *I Used to Be Fat*, among many other reality television series. He is also executive producer of *The Biggest Loser* and was the host of *Fun House*, *Endurance*, and many other shows. He lives with his wife and two sons in Manhattan Beach, California.

Users Review

From reader reviews:

James Lightle:

This *Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book will be information inside this e-book incredible fresh, you will get data which is getting deeper you read a lot of information you will get. That *Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life* without we know teach the one who examining it become critical in considering and analyzing. Don't always be worry *Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life* can bring if you are and not make your carrier space or bookshelves' turn out to be full because you can have it inside your lovely laptop even telephone. This *Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life* having good arrangement in word and layout, so you will not sense uninterested in reading.

James Oliver:

Now a day those who Living in the era everywhere everything reachable by talk with the internet and the resources inside it can be true or not require people to be aware of each data they get. How people have to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading through a

book can help people out of this uncertainty Information especially this Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life book as this book offers you rich facts and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you may already know.

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Jessica Sarmiento:

People live in this new time of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read is usually Big Fat Truth: Behind-the-Scenes Secrets to Losing Weight and Gaining the Inner Strength to Transform Your Life.

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