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Original Strength Restoration: Returning to the Original You

Tim Anderson

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Do you remember when you were a child, with an endless supply of energy? Remember when you could eat pretty much anything you wanted and were constantly moving? Chances are, when you were growing up, you were active all day long. You played till you were called home, you ate almost anything and you laughed all the time. At bedtime, you still had enough energy to supply a small town and life was filled with joy. What if there were some things you were never supposed to outgrow? What if you were meant to always have enough energy to power a locomotive? What if you were supposed to be able to eat any food without fear or guilt? What if your mind and body felt so good you always had a positive body image? Somewhere along the way, you have settled for the notion that children are childish and you should put away childish things once you became an adult. You stopped playing, moving and laughing like you use to. You grew up and grew old, got slow, unhappy, obese, fearful, depressed and lifeless. But, here's the truth: YOU were never meant to 'grow up' or 'grow old'! This book will help you restore the body you were meant to have. It starts simply; you choose to believe YOU CAN! Then we will help you press reset to your original operating system and remember how to move again.

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