



Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness

Ben Davis

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At the age of twenty-two, Ben Davis weighed over 360 pounds. Depressed, addicted to food, and morbidly obese, he thought he'd lost all hope. But after a conversation with his grandmother, Ben promised himself that he would finally take control of his life.

Ben decided to “do life,” and so can you.

He started running. At first, he couldn't run a mile, but before long he was running five, ten, and then twenty miles at a time. His father and brother joined him, and as a team they ran a marathon and went on to complete one of the hardest physical competitions in the world, the Ironman.

Throughout his journey, Ben captured his transformation in a series of YouTube videos, inspiring countless others around the world to “do life” along with him. Here, Ben shares more of his personal story and illustrates how you can use his techniques to start living your own life to the fullest.

Do Life isn't just about diet or exercise, depression or addiction—it's about stepping out of your ordinary life and becoming who you want to be. It's the story of one man who decided to live life his way. And it could be your story too.

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From reader reviews:

Jimmy Robertson:

People live in this new day time of lifestyle always try to and must have the time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we question again, what kind of activity do you have when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading guides. It can be your alternative in spending your spare time, the particular book you have read will be Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness.

Amy Mueller:

The book untitled Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness contain a lot of information on this. The writer explains her idea with easy way. The language is very clear to see all the people, so do not really worry, you can easy to read the item. The book was authored by famous author. The author provides you in the new time of literary works. It is possible to read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website in addition to order it. Have a nice examine.

Sherrill Height:

That guide can make you to feel relax. This specific book Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness was bright colored and of course has pictures on the website. As we know that book Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness has many kinds or variety. Start from kids until young adults. For example Naruto or Private eye Conan you can read and believe that you are the character on there. So , not at all of book tend to be make you bored, any it makes you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading this.

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