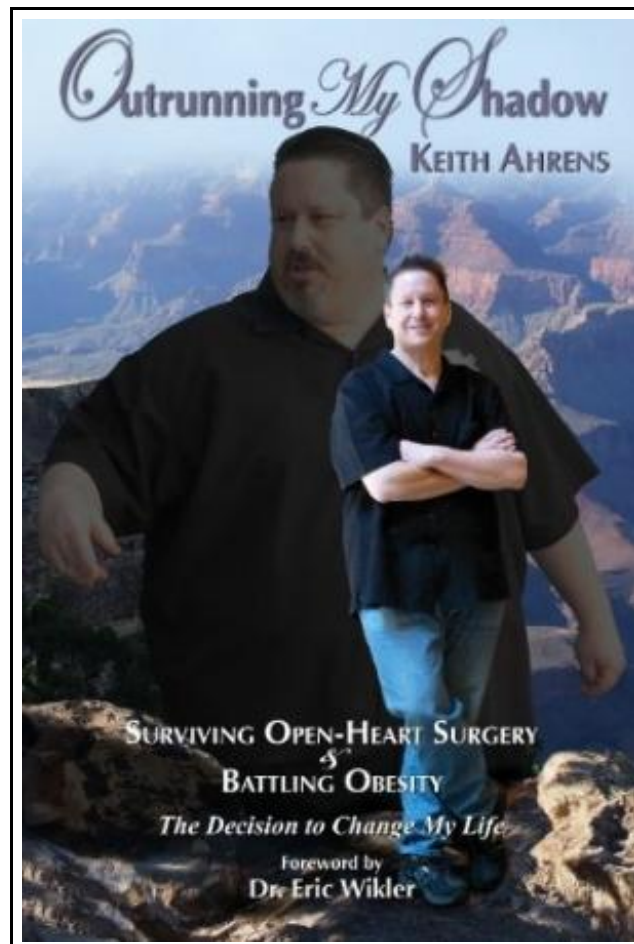# Outrunning My Shadow: Surviving Open-Heart Surgery and Battling Obesity/The Decision to Change My Life

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Reviews

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(Roosevelt Rohan)

OUTRUNNING MY SHADOW: SURVIVING OPEN-HEART SURGERY AND BATTLING OBESITY/THE DECISION TO CHANGE MY LIFE

Nihao Press, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Outrunning My Shadow: Surviving Open-Heart Surgery and Battling Obesity/The Decision to Change My Life by Keith Ahrens is a fascinating and highly informative memoir about the authors confrontation with mortality and his determination to save his own life. It is a compelling and life-changing combination of one mans dramatic journey to survive morbid obesity and open-heart surgery, and a self-help book guaranteed to grab our attention and encourage us to focus on our health. After years of obesity and inactivity, the author suddenly found himself the victim of heart disease and scheduled for life-saving open-heart surgery. The significance of these events, and the realization that he might not live to see his forty-sixth birthday, led him to a new and vital lifestyle, one focused on exercise and healthier eating. Perhaps even more important, however, was his realization that he deserved to be healthy and happy, a message we often forget in this media-driven world that bombards us with constant thin-is-in messages. If you or a loved one is faced with obesity or health issues, there are supportive and positive messages in this book. Keith Ahrens was born in Washington, D.C. and attended Towson University, where he majored in Marketing/Finance. He is a Certified Fitness Trainer (CFT) with certification from the International Sports Sciences Association, and is CPR and AED certified from the American Red Cross. He resides in Henderson, NV and Potomac, MD.

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