



# **AL ROKER's Never Goin' Back: NEVER GOING BACK (Winning the Weight-Loss Battle For Good)**

*Al Roker*

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Al Roker's aha! moment came a decade ago. He was closing in on 350 pounds when he promised his dying father that he wasn't going to keep living as he was. That led to his decision for a stomach bypass-and his life-changing drop to 190. But fifty of those pounds gradually crept back until he finally devised a plan, stuck to it, and got his life back. Never Going Back is Roker's inspiring, candid, and often hilarious story of self-discovery, revealing a (now slimmer) side of his life that no one knows. With illuminating and sometimes painfully honest stories about his childhood (as the "husky" boy in class), his struggle against the odds to make something of himself, and his family life today, Roker reveals the effects that a lifelong battle with weight issues can have on a person-and how, regardless of the frustration and setbacks, you must never lose faith in yourself (just inches).

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