



Marvelous Mainers

John Francis Sprague

Marvelous Mainers:

Marvelous Mainers Dave Silverbrand,1984-01-01 One Foot in Front of the Other Leon Andrew Leon LeClair & Angel Logan,Andrew Leon LeClair,2010-03 Breaking nearly all of the documented long term weight loss records Andrew Leon LeClair has maintained a successful weight loss of 125 pounds for an unprecedeted thirty years Andrew began his life s journey with a seemingly normal childhood but the challenging reality of his youth and family life set the tone for his accelerated path to adulthood Because Andrew realized that he was unwilling to accept limitation or defeat he chose to take control of his life rearrange his priorities and find a long term strategy to overcome obesity and achieve success and happiness As a child after watching his parents suffer in the face of tragedy while dealing with his own struggles Andrew turned to food for solace and comfort During a time when baby fat was a fashionable expression of denial no one knew then what challenges would await Andrew s arrival later After years of emotional warfare and dysfunction divorce was inevitable for Andrew s parents While his mother s second marriage was apparently better for her and initially pleasant for the children that alliance quickly evolved into upheaval forcing Andrew to grow up and embrace adulthood sooner than anticipated Food remained steadfast within Andrew s life as he tried to find his way through a multitude of grown up challenges Though he knew he was not living the healthiest life he did not view it as a pressing problem either His lack of concern eventually changed after he witnessed the health issues that resulted from his father s destructive behavior and disinterest in physical fitness and healthy habits Andrew realized that he had to find a way to prevent the same fate in his own life and wanted to figure out how to lose the weight that hindered so many of his aspirations Although Andrew knew that a quick fix did not exist he was willing to take drastic measures to achieve weight loss It was a frightening time for Andrew but the thought of having a serious illness like his father scared him even more After embarking upon a risky surgical weight loss procedure Andrew quickly found out that it was not an end to his problems but the beginning of a new life with more challenges and adversity He realized that he would have to commit to changing his entire life from food intake and portion control to exercise and fitness in order to begin dropping pounds and having any chance of maintaining that weight loss Andrew s new path was not easy and every time he believed he had found a plateau within his journey that would allow him to relax and let down his guard a new and unexpected conflict or challenge would arise testing his tolerance and ability to overcome and move forward In the midst of Andrew s physical lifestyle changes he discovered a career that could be rewarding and provide financial stability However with so many life altering changes occurring along the way he found himself tangled within battles between maintaining a healthy physical existence and reaching for his professional dreams Andrew knew that if he had any chance of achieving his objectives he had to plan a permanent strategy that would provide balance within the various facets of his life Throughout the ensuing years the media has placed an increasing amount of focus upon weight loss and fitness with the use of diet programs and products exercise equipment and television reality shows promoting weight loss

competitions These types of shows stir up media buzz and public support However when the shows are over the participants often return to their old habits because they chose to lose weight for rewards rather than for life Consequently the public hears reports of those same individuals regaining their previously lost weight along with a few additional pounds Andrew did not want to be that type of statistic which was evident by his thirty years of weight loss maintenance after gastric bypass Unlike many others Andrew did not pursue weight loss for financial gain o *Dishing Up® Maine* Brooke Dojny,2012-11-30 From the Atlantic Ocean to well tended organic farms Maine offers some of the best raw materials for rustic hearty cuisine Add the independent spirit and quiet humor of the people and it becomes apparent why chefs fisherman and artisans are drawn to the state Their fierce pride respect for the land and lack of pretension are recognizable ingredients in the food they produce from fresh lobster to blueberry pancakes Dive in to the salty personality of Maine s cuisine **Maine** Judy Monroe Peterson,2010-08-15 Maine is known for its beautiful shore along the Atlantic Ocean where lighthouses sandy beaches and fishing villages can be found Readers will learn why so many people travel to Maine As they ll read about the inspiring and breath taking landscape including its rustic cabins relaxing resorts and expansive forests which cover nearly 90 percent of the state They ll read about flora and fauna including the moose black bear beaver bobcat coyote and mink The economy based on natural resources is presented as well Natives are also highlighted including writers Henry Wadsworth Longfellow E B White and Stephen King politicians Dorothea Dix and Margaret Chase Smith and inventor L L Bean *Collections of the Maine Historical Society* Maine Historical Society,1887 *The Cool Maine Coloring Book* Carole Marsh,2000-09-01 This coloring book is loaded with value Original art of Maine characters and scenes add fun to education **Collections of the Maine Historical Society. [1st Ser.]** Maine Historical Society,1887 **Modern Maine** Richard A. Hebert,1951 *Down East Libraries* ,1985 **Congressional Record** United States. Congress,2009 *A History of Swan's Island, Maine* Herman Wesley Small,1898 **Maine in the World** Neil Rolde,2009-10 From its earliest beginnings the land that became Maine produced adventurous inhabitants who went outside its boundaries to do interesting things that sometimes made them famous or even infamous **Chamber of Commerce Journal of Maine** ,1902 **Books in Print** ,1991 **Illustrated World ...** ,1908 **Edward Godfrey** Charles Edward Banks,1887 *Maine, Resources, Attractions, and Its People* Harrie Badger Coe,1928 *Christian Science Sentinel* ,1909 **The Maine Catholic Historical Magazine** ,1914 Sprague's Journal of Maine History John Francis Sprague,1913

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