



After A Lifetime of Diet Failures: Finally A Glimmer of Hope

Shannon Paul

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A Thousand-Mile Journey starts with a Single Step.

From the Krakatoa Volcano off the coasts of Java and Sumatra in Indonesia to Newfoundland in Atlantic Canada and various points in between, Shannon camped out in the middle of nowhere with next to nothing in his quest to lose weight and quit smoking. The early attempts ended with little success, then things started looking up.

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