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Paul kimelman weight loss

Paul M. Kimelman: A Journey from 530 Pounds to a New Beginning Born in 1947, Paul M. Kimelman became a renowned motivational speaker in the 1980s and early 1990s. He holds the Guinness World Record for the greatest weight loss in the shortest amount of time and was featured on the book's cover in 1982. Growing up in the Bronx, Paul struggled with his weight, reaching a peak of over 520 pounds at just 19 years old. Inspired by a New Year's resolution to change his life, he began fasting and later adopted a strict diet consisting of clear soups, grapefruit juice, skim milk, and salads. This drastic transformation led to an astonishing weight loss of nearly 400 pounds in just seven months. Paul's incredible journey was not only recognized by Guinness World Records but also captured the attention of authors David Wolfson and Anuradha Ramdass, who wrote about his story in their book "Fat Lane Publications". Paul Kimelman was a motivational speaker in the 1980s and early 1990s who held the Guinness World Record for the greatest weight-loss in the shortest amount of time. Born in the Bronx, New York, he moved to Pittsburgh with his mother at a young age. By the time he turned 19, Paul had reached an astonishing peak weight of over 520 pounds. In 1967, as a New Year's resolution, he decided to start fasting to lose weight, after being tired of being ridiculed because of his size. He fasted for a while, then switched to a diet consisting of clear soups, grapefruit juice, skim milk, and salads. Paul's incredible weight loss was recognized by The Guinness Book of World Records, with him shedding over 355 pounds in just 7 months, dropping from 487 to 130 pounds. He held the record for more than 12 years and was even featured on the cover of the book in 1982. After achieving his remarkable weight loss, Paul traveled the world, sharing his inspiring story as a motivational speaker. His life's journey is documented in his book, "Life in the Fat Lane: The Paul Kimelman Story," co-authored with David Wolfson. Paul M. Kimelman's incredible weight loss journey began on April 30, 2008, with the creation of a link by an anonymous user on amazon.com. Notable for being written about by American biographer Paul M. Kimelman, born in 1947, who also served as a motivational speaker in the 1980s and early 1990s. He was recognized by Guinness World Records for his remarkable weight loss story.

Paul kimelman diet. How did paul kimelman lose weight. Paul m kimelman weight loss. How did paul giamatti lose weight. What pills did kelly clarkson take to lose weight. Paul kimelman.

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