

YOU'RE RIGHT. IT IS EASIER TO EAT PIZZA THEN TO RUN ON THE TREADMILL. IT'S EASIER TO TURN TO ICE CREAM RATHER THEN PEOPLE FOR SUPPORTERS. IT'S EASIER TO SAY 'FUCK IT, I GIVE UP' THEN TO SAY IT 'FUCK THIS, I CAN DO IT.' SO YOU KNOW WHAT? I'M NOT GOING TO SIT HERE AND TELL YOU DAY AFTER DAY YOU CAN DO THIS. IF YOU DON'T BELIEVE YOU CAN, THEN YOU CAN'T. THAT'S THE HONEST TRUTH. YOU NEED TO DO THIS FOR YOU. AND IF YOU DON'T WANT IT ENOUGH, THEN YOU SURE AS HELL WON'T ACHIEVE IT. SO TAKE THE EASY WAY OUT AND REMAIN UNHEALTHY AND CONTINUE TO GAIN WEIGHT BECAUSE YOU CAN'T REALIZE YOU ARE THE ONLY ONE HURTING YOURSELF. I DIDN'T SAY IT WOULD BE EASY. I SAID IT WOULD BE WORTH IT.



