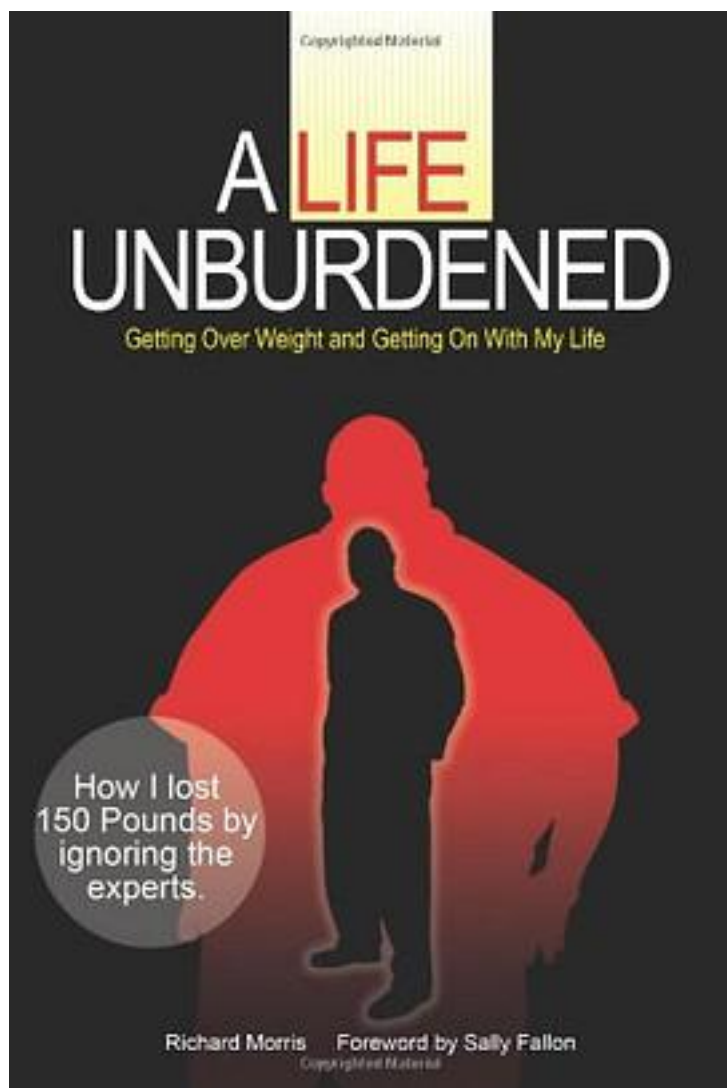


A Life Unburdened



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A Life Unburdened chronicles the amazing transformation of Richard Morris, whose life of personal and public pain a life burdened by more than 400 pounds undergoes an amazing transformation as Richard discovers the redemptive power of traditional foods. Along with his Ten Steps for Success, Richard explains how the Total Food Index (FTI) can help you win the war against overweight and poor health.

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