



100 Small Steps: The First 100 Pounds You Gotta Think Right

Keith "Temple" Trotter

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Through trial and error, tears and triumph, Keith "Temple" Trotter has lost over 150 pounds and kept it off for close to three years. "100 Small Steps" tells his personal story from the vantage point of his private journal notes. As people began to notice "Temple's" transformation, he wrote down the "Steps" that made sense and worked for him so as to be a catalyst for them. "Temple" freely and openly shares his pain and triumph. His amazing story has been featured on CNN.com and his blog has been read by viewers in over 80 countries.

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