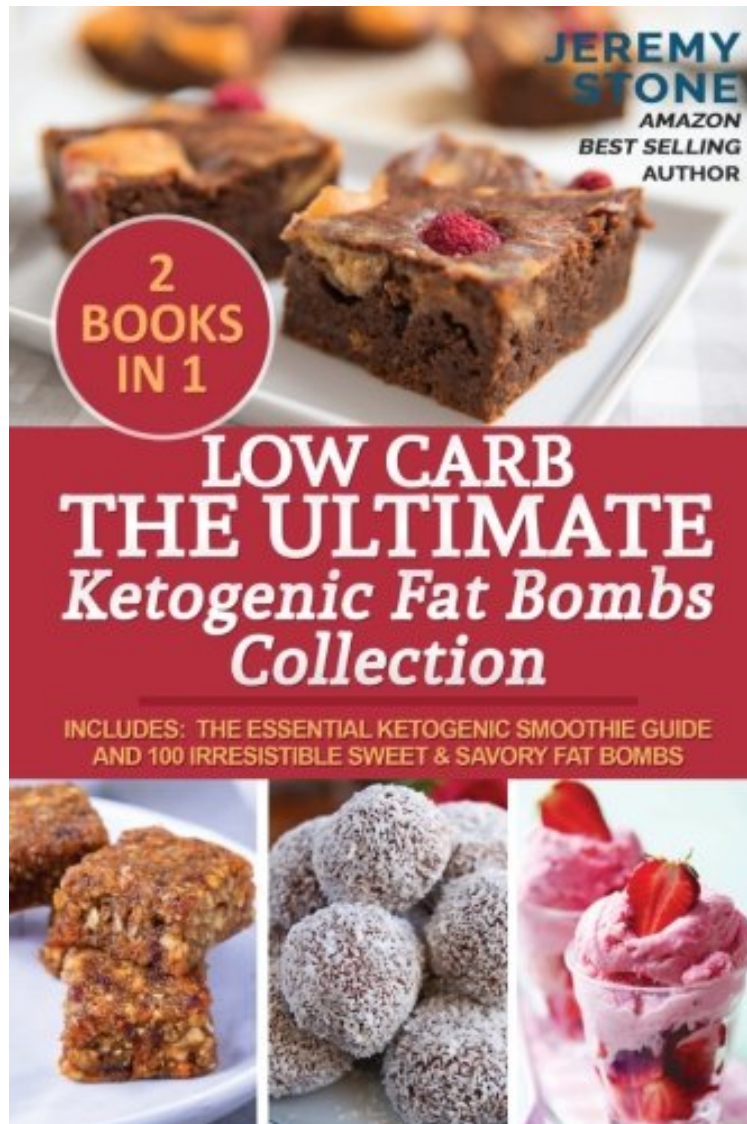


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About the AuthorHey it's Jeremy Stone coming from beautiful Toronto, Canada! I'm a fitness enthusiast who's extremely passionate about health. Nothing brings me more joy than helping others reach their maximum potential. Growing up I was not very athletic and was always a little overweight. This caused me self-esteem issues and depression. All of that changed when I got into health and fitness at the age of 16. I saw the tremendous benefits it made on my life and I have made it my life's goal to help others. Sometimes we can be our own worst enemies and all we need to do is get out of our own way! When I am not in the kitchen or writing a book, I'm usually cursing at the TV screen watching a Toronto sports team or spending time with my family. Make sure to follow me on Twitter @JeremyStoneEats