

Avatar

Male is in his 30s who has lost all motivation and allowed himself to pack on excessive weight.

He is unhappy with his life and wants his 20s body back but lacks motivation and confidence.

He has a wife who fat shames him on a regular basis but then says she loves his dad's body so she is signalling toxic emotional abuse.

His 4 children make fun of him for having a big belly and no hair, although they think it's friendly. It kills him inside that he is viewed for how he looks rather than the sacrifice he makes each and every day for his family.

He dreams of living a life with a better body that will put him in a more respectable bracket and be viewed as a strong, respected male.

His road blocks are not putting enough time aside to achieve his own goals and sacrificing his life for others, he lacks confidence so he isn't outgoing any more and has become a social burden.

Be Confident With No Shirt...

... and show your doubters why you are the **MAN!**

I was always there, cooked, cleaned, provided, never missed children's school events and was emotionally supportive towards my family for when they needed me.

I finally started to embrace my 'Dad Bod' - my Children and Wife were content which made me content.

But it all changed after one bad argument we'd both had after a few drinks.

"Go lose some weight you fat f..."

My ego was shattered.

Not because I knew it was the truth, but because I knew I was hiding behind the excuses to not resolve my weight for so long.

Now I get it as the passing comment here and there. It hurts. I'm weak. I'm ashamed of myself.

I want to lose weight so badly but don't have any confidence to start.

I want to embrace my masculinity, look in the mirror and be proud of what's looking back at me and on that hot day I want to show my doubters why I am the **MAN!**

>>> If you want to know the secrets to true masculinity and become a force then join here <<<

I was steaming through Instagram reels for hours, trying to find purpose and relation to the shame and despise I felt towards myself.

I needed a way out.

That's when I came across [insert name] and I felt an attachment like no other.

Seeing other men who once looked like me.

It was like looking into a mirror of what I envision myself to be.

I needed this.

6 months into my [insert name] Alpha Program I'm unrecognisable.

My two boys say they want to grow up and be just like me.

I ooze with confidence.

It's like turning the clocks back 20 years.

I'm back.

I'm the **man**.

Write your **hero story** by clicking the link above!