



This is going to be a personal and detailed review, so I'm going to start with my physical and mental condition before training with Dan, and ending with where I am currently.

I was raised in a traditional Chinese family, where the parents focused strictly on studying, piano, tutoring, and no video games. I was definitely pretty good at all, but I was not enjoying anything that my parents made me do. I wouldn't say that I grew up miserable, but I was definitely confused and didn't know what the point of "ME" was since I was forced to do what my parents wanted me to do.

In high school, I participated in lots of clubs, got really high GPA, and student body president, blah, blah,blah and I ended up in a top 20 university. Here's where the story gets interesting. After I left home and started living by myself, I tried lots of things in college. Drugs, alcohol, partying, just everything a young college student would do. But the worst of all, was I blew up. I gained 80 pounds in my college life. My physical condition was in horrible shape, and it had a dramatic effect on my mental condition. I was depressed. I came home after college trying to start or pick up my life before I left for college. But I was just in bad shape.

Then I met Dan during my junior year coming home from college once, and we trained on and off. But it wasn't until after I came home after graduation did we start training consistently and effects were shown. What Dan differs in training is that he really helps you with your mental state. He listens to you each day and focuses on you each training session so you don't have doubts.

Fast forward 1 year, now it's 2017. I've lost 80 pounds. How I did it, I'm not gonna go into details, because that's my journey and I don't want to spoil it for you if you train with Dan ;)

But if you have lost hope and stopped believing about weight loss, just give Dan a try. Trust me. It will be worth it:-)

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