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## True passion looks like this

After following a little bit of [Joseph Jaffe's Fatblogging](#), I thought this would be a good time to profile a recent friend of mine who's passion for what he does is so strong that it really needs to be shared.

If you're ever having trouble getting motivated or inspired, talk to [Adam Gilbert](#) (warning: link contains corny montage). I recently met Adam (well...virtually met) and his passion for what he does is a welcomed breath of fresh air. You're always told as an entrepreneur to do what you love, yet so many people disregard it in search for the almighty dollar. They end up just creating another "job" for themselves.

### I'll tell you a little about Adam...

His parents got divorced when he was 4 years old and his sister was 9. She used food as an escape and her weight reflected it. She yo-yo dieted for years with no success, and she was totally unhappy with herself. This was the first push for Adam to become obsessed with health and fitness.

His father was diagnosed with MS after having triple bypass surgery when he was in 7th grade. This strengthened his desire to stay healthy.



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He's read literally hundreds of books on health, nutrition, and exercise because that's his passion. He lives for it. He also lives for business. He's married the two in what I can only describe as the perfect match for him.

He had a few successful ventures in college which reinforced his love for controlling his own destiny, however his mother urged him to see what corporate America had in store for him so he accepted a position with Ernst & Young. In mid january after working with hedge and private equity funds, he decided he was done. He wasn't passionate about it and he wanted to do what he loves, and more importantly, make a difference. Naturally health and fitness was the chosen path.

For the last three months he's felt all the emotions we've all felt (or will feel) after striking out on our own. Scared, proud, anxious, excited...and he loves what he's doing, waking up everyday with a fire inside to make a difference in peoples lives. After just 5 minutes on the phone with Adam you'll be pumped up about life and what's in store.

Adam guarantees his health & fitness program 100%. You're required to send him daily feedback detailing everything you ate and all the exercise you did. Every morning by the time you wake up he's already responded to you with critique, suggestions and a heavy dose of inspiration. Having this second conscious is amazingly effective at keeping people in line and so far he has a flawless track record with taking clients where they long to be.

They love his program because they're making huge strides towards living healthy and having the body they desire, and he loves it because he's changing people's lives and all the while being his own boss.

After talking with Adam I thought I should put him to the test. I started his program on Monday and plan to do it for a full 2 months and see where it takes me. It's only been a few days but so far it's fun. Adam commands your respect which makes it nearly impossible to cheat the system (you would just feel guilty!). I'll check back in at the end of all this to let you know how it goes.

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If you want to contact Adam, you can find his e-mail address on [MyBodyTutor.com](#). i recommend you strike up a conversation with him, even if it's just to shoot the shit, you'll learn what being passionate is all about.

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<http://www.pixeltorch.com> Aaron

Sounds like a solid program. I'm in the process of getting myself back in shape. I didn't get too far off track but off track is off track.

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<http://www.kmull.com/> Kevin

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Sorry, but it had to be said.

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Eric how do you know Adam?

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February 2010  
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