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101 - Reboot With Joe

101. P 2 P 3 G day, I'm Joe Cross. You might know me

from the movie, *Fat, Sick & Nearly Dead*, which documented my personal journey to regain my health, happiness and wellbeing. When I made the film, I literally was fat, sick and nearly dead. At my heaviest, I weighed 320 pounds and I was loaded up on medication to help manage a debili-tating autoimmune disease. For years, I tried all kinds

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