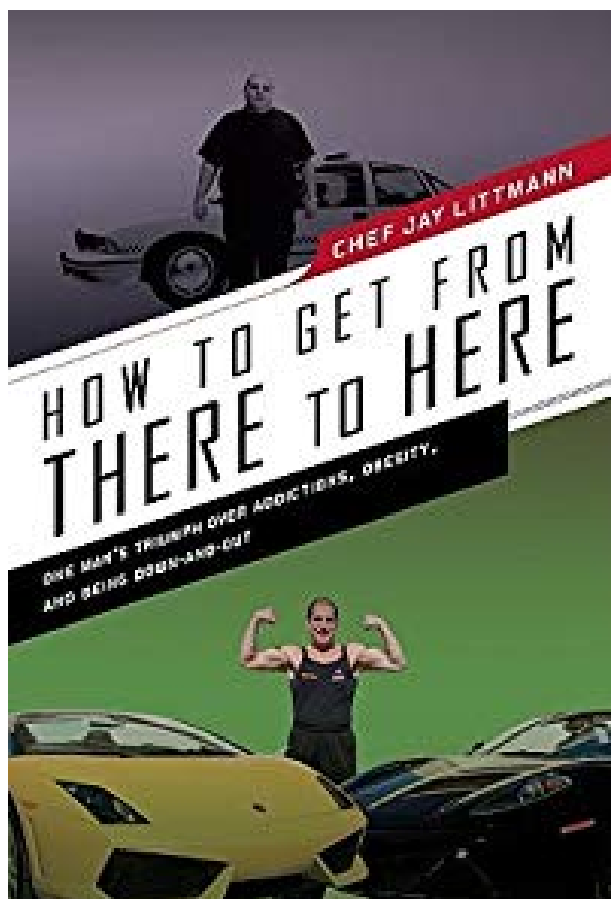


How to Get from There to Here: One Man's Triumph Over Addictions, Obesity, and Being Down-And-Out



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Jay Littmann became an addict when he was just twelve years old. Thrown out of his home when he was 17, he succumbed to a downward spiral. With stints on the street, in jail, and in rehab, he spent the next 12 years controlled by a bottle or pipe, developing a serious weight problem and diabetes. In *How to Get From There to Here*, Littmann details his life of drugs and crime and his turning point, his moment of clarity. He finally got clean for good when he was twenty-nine. Searching for financial independence, he purchased a muffin shop just off the Las Vegas Strip, a move that would dramatically change his life. When Littmann bluffed his way into a sale of his healthy oat bar to a nationally recognized chain, he had to fill the order for thousands by hand. Thus was born Chef Jay's Food Products, now an internationally recognized brand that sells millions of healthy products each year. Jay has been clean and sober for nearly two decades and is in the best shape of his life.