

New Text Document (2).txt

my name is Hussam

At the age of 18 I was suffering from severe obesity where I was 109 kg and this thing did not concern me until I became cynical of my friends and the closest people to me and then I decided to lose my weight where I lost more than 30 kg and now became the weight of 77 kg and I went to the gym and I had muscles and all my friends became respectful and asked me how I did it

I will put another note about my life with the diet and what I would do for everyone to benefit

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