



Do Life: The Creator of #My 120-Pound Journey# Shows How to Run Better, Go Farther, and Find Happiness

Ben Davis

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At the age of twenty-two, Ben Davis weighed over 360 pounds. Depressed, addicted to food, and morbidly obese, he thought he'd lost all hope. But after a conversation with his grandmother, Ben promised himself that he would finally take control of his life.

Ben decided to “do life,” and so can you.

He started running. At first, he couldn't run a mile, but before long he was running five, ten, and then twenty miles at a time. His father and brother joined him, and as a team they ran a marathon and went on to complete one of the hardest physical competitions in the world, the Ironman.

Throughout his journey, Ben captured his transformation in a series of YouTube videos, inspiring countless others around the world to “do life” along with him. Here, Ben shares more of his personal story and illustrates how you can use his techniques to start living your own life to the fullest.

Do Life isn't just about diet or exercise, depression or addiction—it's about stepping out of your ordinary life and becoming who you want to be. It's the story of one man who decided to live life his way. And it could be your story too.

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