

Fakhri Aghayev

My Marathon
From 120 kg to
42 kilometers



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This book is about the changes that a person can make in his life. Consider a person, who has been smoking 3 packs of cigarettes every day for years, is overweight, has various diseases and feels that he is rapidly sinking into the abyss and he suddenly changes his life. Losing weight and quitting bad habits, at first glance may seem like a momentary and easy decision, but actually this is the result of a long-term psychological preparation. One more point to make deep changes is that a person must give up the habits and rid himself of the stereotypes that have been engraved in his mind for years.

Start Smart

FROM THE AUTHOR

Everyone has the same starting point in his/her life and all of us have the same opportunities. Since birth, each person's health is one of the biggest investments. We cannot increase it, lend or borrow; we can only use it in an effective and rational way. When our health does not allow us to make all of our dreams and plans come true, we relate it to fate, we think that only fate decides how much we will live and and how. In this case, we forget one important thing. We get the results of our attitude towards our health.

Regardless of how the fate treats us all our lives, we live only the outcome of our actions. We all have the right to decide on our health, life and destiny. Some choose sports, proper nutrition, active lifestyles, some choose smoking, drinking alcoholic beverages that are harmful to health; some watch television in the evenings, some improve their foreign language or develops himself/herself and his/her skills reading books. No one can call the first kind of people lucky, and the second kind unlucky.

2009. I was a young person according to the identity card, but an elderly man according to the physical, spiritual, and health conditions. At the age of 35 years, I was going into the abyss and I had to choose between the long and meaningful life and the early death.

What had happened until that age?

I had smoked for 18 years, besides my nutrition was standard - "Good", "right", "like others". There was no physical activity in my life, because "I was too busy," "I had no time". I had to choose between career and health; everything was for the sake of my family and children. My life consisted of lying on the sofa with a remote control in my hand and eating something.

At the age of 35, my weight was 120 kg; I had a "bouquet of diseases" from cardiovascular diseases to liver pain. This situation began to affect even the most ordinary situations of my daily life and I saw the solution of all these problems in blaming the others. I wanted to buy health.

I tried all ways from passive quitting of smoking to needle therapy. In order to lose weight, I used such methods as slimming medicines, slimming tea, massage of different kinds etc. I did everything possible. However, if something helped me, its effect did not last long and it was seriously harmful for my body with its side effects.

"The lazy one who wants to be healthy, is naive like a person who believes he/she will strengthen his/her voice by keeping silent" - Plutarch, who was completely right.

Subconsciously, I knew that no one except me can help me. I began to change my life with strong will and first, tried to change my way of thinking, to break the stereotypes in my mind and then stepped to the path of self-recognition and development.

The results of my changes: I quitted smoking, lost 40 kg for 3 months - from 120 kg to 78 kg.

However, this is the visible and the top part of an iceberg. This book is about the invisible part of the iceberg – about how I completed this destination, what happened, what mistakes I made during the journey, and how I dealt with our biggest enemy – desire – and with subconscious stereotypes.

MY SPECIAL THANKS

A person climbs to the peak of the success mountain, but he/she has not climbed there alone. Behind every successful person is a team that is invisible to others: this is our family, who supports us, our friends, who give us positive energy, the critics' constructive and sometimes negative reviews that have an effect of a cold shower on us and make us reconsider all that we have done. Our success in all fields of our life is the sum of different people's positive and sometimes negative attitudes towards us. It happened in my life as well, and I mention those people's names at every opportunity.

First, I would like to express my gratitude to my father – a person who sets an example to me and to the people around for his lifestyle and approach towards his health. I saw how he observed me with concern and excitement when I had hard time. My father understood that my lifestyle was wrong and it was necessary to make changes in my life then.

In addition, I would like to express my gratitude to Vasif Ismayil, my friend, a well-known urologist and an alpinist at the same time. His role in the changes in my life is priceless. He was the one whom I called when I was going to abyss. At that time, I was expecting of Vasif an

active solution of my problems, while I was in the position of a passive viewer. Everything turned out to be the exact opposite of my expectations – he calmed me with the care, which is characteristic to him and explained that no one except me can help me, and that nothing is possible without my strong desire and efforts.

In addition, I would like to express my gratitude to my friends who read the manuscript of my book and shared their thoughts and points of view. I am thankful to the people who supported my growth by criticizing.

I must emphasize Emin Guluzadeh's harsh criticism especially. This creative and very educated modern man's harsh criticism was very constructive for me; because he sees most issues from a different point of view.

I must express my special thanks to Nigar Abbaszadeh, who delivered the translation of this book in a short period after it was written, and to Rovshan Mehdiyev, who committed to editing and proofreading job.

ABOUT THE BOOK

I have written this book for anyone – young people; middle-aged people who analyze themselves, their achievements in a critical way; people who we call elderly, but still having the spirit of youth; people who are in the anticipation of the end of their lives and thinking that it is too late to change so on.

While writing this book I was thinking of the people who are young and who own such a priceless investment as health. Warnings and recommendations for them are the basis of the book. Prevention is always the best solution to the problems that have not occurred yet.

The people, who have already begun not to pay attention to their health, will be provided with enough information and motivation in order to take control of their health and future. If you begin to go in for sports and be careful about your nutrition, you will prevent dangerous processes that may occur in the body at the beginning.

I would like to appeal to people who neglect their health and think, “it is too late” and tell them that it is never late. The most important thing is to see yourself from the outside and to try to see your own future.

The people who want to make their lives healthy, beautiful and happy, the people who understand their