



My first book was pulled from the shelves when I started working as a McDonald's brand ambassador.

The one major point I tried to make with my McDonald's project is that we have to quit blaming fast food, or any other food, for our health issues. We all have many choices available to us. Nobody puts a gun to our heads and says, "Eat fast food or else!"

Do I continue to eat fast food today? Rarely, but on occasion I will.