

# Adam's transformation

before:

exterior:  
appearance

- overweight ← unsportive
- glasses
- messy hair
- boring style
- average

interior:  
appearance

- self-conscious
- gentle/funny
- intellectual
- lonely

starts  
training

new  
clothes

sexual  
intercourse

ego  
massage

receives  
love

after:

- lost weight → healthier lifestyle
- attractive
- cool style
- contacts
- different face (nose-operation)

- ~~dis~~honest
- self-confident

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