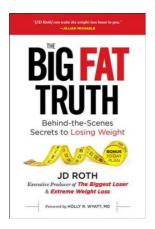
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THE BIG FAT TRUTH: BEHIND-THE-SCENES SECRETS TO LOSING WEIGHT AND GAINING THE INNER STRENGTH TO TRANSFORM YOUR LIFE



Black Inc, 2016. Paperback. Book Condition: New. 1. 12.7 x 19.7 cm. The Big Fat Truth will make you uncomfortable, and it should. If you do not cry and sweat a little when you read this book, and feel uneasy and a little excited at the same time, you did not dig deep enough. Being comfortable is keeping you right where you are today: unhappy, unmotivated and sitting on the sidelines. Being uncomfortable is where the JD magic really starts....

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- Authored by Roth, J. D.;Roth, J.D.;
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