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## The Big Fat Truth: Behind-the-scenes secrets to losing weight and gaining the inner strength to transform your life

By Roth, J. D.; Roth, J.D.;

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. JD sees a much bigger brighter future for you. This book will not only help you see it, too, but it will help you believe you can get there. So if you are ready to stop playing the blame game, get rid of the victim mentality, and stop looking for a magic bullet for your weight problems . . . if you are ready to be your own hero and do the work as the star of your own TV show, then The Big Fat Truth is absolutely the right book for you. Every fat person (yes, 'fat person'?there is no sugarcoating here) knows that you need to move more and eat less to shed pounds. Not exactly rocket science....



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