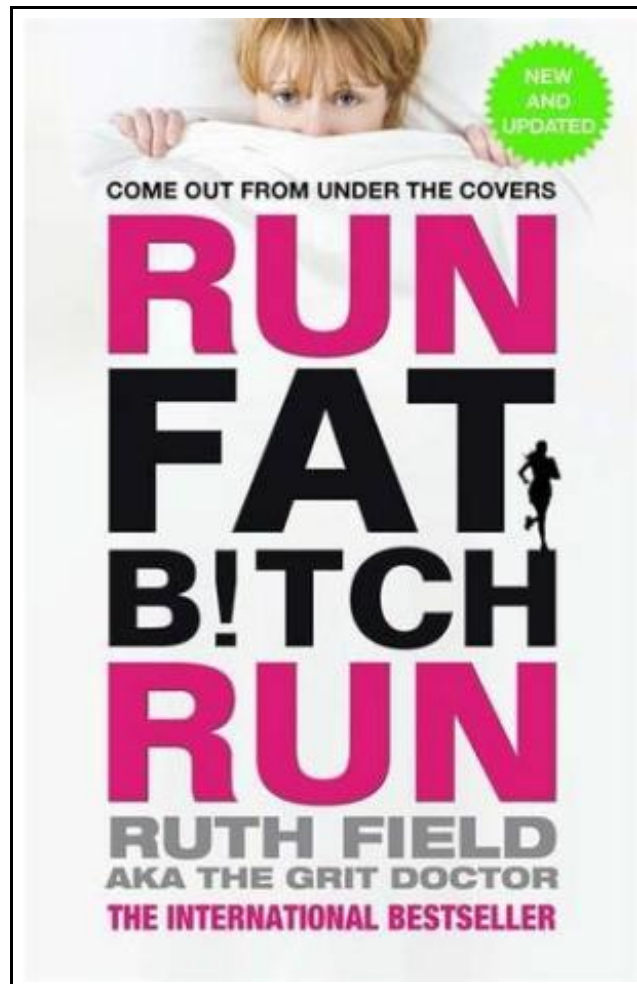


Run Fat Bitch Run



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

RUN FAT BITCH RUN



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Run Fat Bitch Run, Ruth Field, IT'S TIME TO GIVE THOSE SKINNY BITCHES A RUN FOR THEIR MONEY 'You'll be up and running in no time at all' Grazia Is there a large arse-shaped dent in your sofa? An eye-wateringly expensive (and rarely used) gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under the duvet? Then it's time you face the truth: the only option is to lace up your trainers and hit the ground running. Funny and brutally honest, Ruth Field and her straight-talking alter-ego The Grit Doctor will give you - yes, you - the push you need to start pounding the pavements and shedding pounds in no time. *Locate your inner grit and long-lost energy with a completely foolproof beginners' programme *Enjoy carbs without guilt with The Grit Doctor's tasty and nutritious recipes *Now includes marathon training plan to transform you from casual jogger to elite(ish) athlete If you want to lose weight, get fit and become an ass-kicking, gets-things-done superwoman, there's only one thing left to do .RUN! 'Ruth is an inspiring running buddy' Daily Express.



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