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Don t Be a FAT Girl Anymore!

By Chena T. Flood Ed.D.

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Don t Be a Fat Girl Anymore! is a motivating and inspiring narrative about the author s own seven year, weight loss journey. Chena admits what most people won t - She was a FAT Girl. Her story provides realistic and practical strategies for weight loss by giving tips for others to use as they embark on their personal weight loss journey. The author s story will resonate with the typical person struggling to lose weight and keep it off. It is not the story of a starlet who hired a personal trainer and a chef to get ready for her next big movie, but the story of an everyday woman who decided to empower herself by learning how to be healthy. This book is different from other self-help books because it discusses what happens after you lose weight, gain weight, and lose weight again. The author includes reflection questions, a planning tool, recipes, workout schedules, and other helpful tools along with a dose of reality to help readers craft their own road map for a weight loss...



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Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**