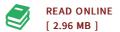


# then just stay fat.

#### By Shannon Sorrels

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. Kevin Lepp (illustrator). This item is printed on demand. Paperback. 118 pages. Dimensions: 8.3in. x 5.3in. x 0.6in.For a couple of years, Shannon Sorrels has wanted to put out a book about fitness and weight management, a book thats entertaining, motivating and a tad bit pointed, sort of a Dave Barry and Erma Bombeck meets Dr. Oz and Bob Greene -- definitely not your traditional this-is-how-to-loseweight manual. A multi-degreed certified personal trainer and owner of an award-winning fitness training and nutrition studio in Phoenix, Sorrels has heard every excuse for not exercising and committing to a weight-management program: Im too busy lve been out of town TV was good last night I had to go out to dinner a lot this week lve been sick The conference lunch had bad food choices My job is stressful Im PMSing Ive been busy Im backed up (and I dont mean scheduling) They made me a cake Im too busy I need wine Im genetically fat My family is sick Im allergic to South African bee pollen My car is at the shop My dog is sick These are new shoes My metabolism thinks Im...



#### Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever. -- Perry Reinger

Simply no phrases to describe. It is actually rally interesting throgh reading time period. Your lifestyle period will probably be transform the instant you complete reading this article book. -- Rowland Bauch

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullyingarms parents and teachers with real solutions for a...

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...

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