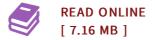


## then just stay fat.

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-lose-weight 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 Ive 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

This is the best pdf i have got go through until now. It is loaded with wisdom and knowledge I discovered this publication from my i and dad encouraged this book to find out. -- Aryanna Sauer

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover. -- Linnie Kling

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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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#### The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...

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#### DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...

#### Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...

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#### Memoirs of Robert Cary, Earl of Monmouth

BiblioLife. Paperback. Book Condition: New. This item is printed on demand. Paperback. 142 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.The Author of the Memoirs. The Memoirs here presented to the reader may be said to combine every interest which can attach to...