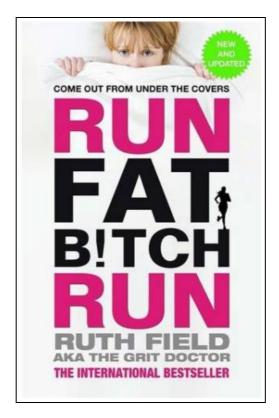
Run Fat Bitch Run (Paperback)



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Reviews

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

(Sterling Kris)

RUN FAT BITCH RUN (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Digital original. Language: English. Brand New Book. IT S TIME TO GIVE THOSE SKINNY B!TCHES A RUN FOR THEIR MONEY You ll be up and running in no time at all Grazials 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) athletelf you want to lose weight, get fit and become and 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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