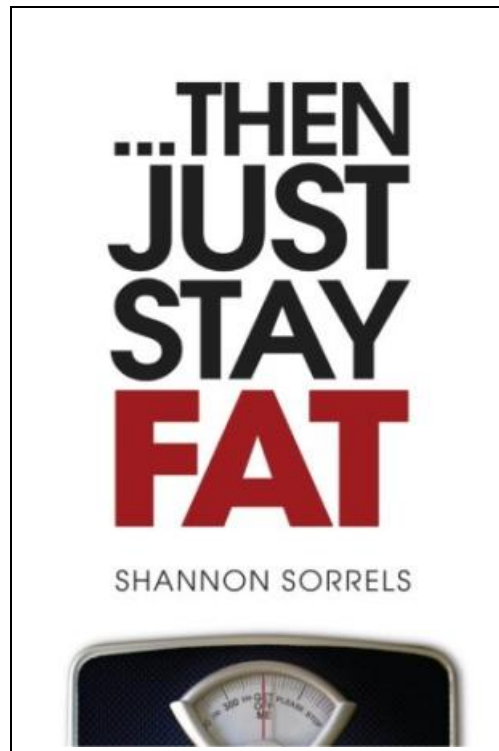


then just stay fat.



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

THEN JUST STAY FAT.



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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 that's 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 Ive 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 starving My child failed a test Dunkin Donuts had a sale I usually weigh-in in the morning The soft serve yogurt with Oreo toppings was for calcium Im too busy My cat is sick Beer helps me relax My tree fell over I forgot to wash my workout clothes Im tired These are different clothes My pinky nail fell off My fridge died; I had to eat it all The moon is out of phase with Jupiter Im too busy And to the people who made those excuses, she has wanted to say, then just stay fat. Sorrels knows of...



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