



Feel Like Sh*t? How to Stop Being Fat

Theresa Fowler

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Being fat is more than just feeling uncomfortable in your clothes. It's an acceptance of a larger physical state of being. Until the age of 40, Theresa Fowler had always been the fat girl. Fat as a child at school. Fat as an adult. And partly because she believed she was 'big boned'. But after several years of suffering from recurring health problems, she found guidance that helped her to change her poor eating habits, and Theresa began losing weight - in a BIG way. Now just a few years later, and almost into her fifth decade, Theresa is the lightest, healthiest and strongest she's ever been. Her mission is to help other overweight and obese - individuals reverse their poor health so that they too can live with improved self-confidence and wellbeing. In *Feel Like Sh*t?*, she reveals the mis-truths and propaganda about so-called healthy food, the reasons why you've previously found it hard to lose weight, as well as how you can easily take back control of your own health by following her Sizedrop Natural Weight Loss Solution's 42 Days to a New You food plan.

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Ashley Parra:

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely indeed. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read will be Feel Like Sh*t? How to Stop Being Fat.

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