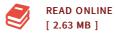


## New Year, Better Me: Three Books in One (Paperback)

By Julia Press Simmons

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Combined. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I combined Fuck It, I m Fat: My Weight Loss Journey, Oh Shit, I lost Some Weight: 60 lbs in 6 Months, and 45 Days To Badass: Fitness Motivation into one book to tell my journey to a healthier lifestyle more effectively, and hopefully help the like minded. Fuck It, I m Fat Mission. MY BIG AND SEXY HAS BECOME BIG AND DEADLY Well, actually, it has been deadly for quite some time. I was diagnosed with diabetes in 2005, but I ve been fat-as-fuck since forever. I ve lived a hard life, and food has always been my source of comfort. Whenever I d go through something, anything, I d eat, and eat, and eat. It didn t matter if I was full, I didn t eat to get full, I ate to feel better and it never ever worked. Oh Shit, I Lost Some Weight Oh, Shit I Lost Some Weight is the story of the greatest fight of my life. My father passed away approximately a year after I published Fuck it, I m Fat, and...



## Reviews

This ebook can be worth a read, and superior to other. Yes, it is actually perform, nonetheless an amazing and interesting literature. Your daily life period will probably be convert as soon as you comprehensive reading this article ebook. -- Elisha O'Conner II

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