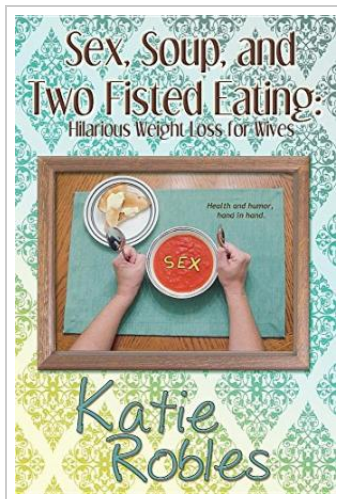




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By Katie Robles

Olivia Kimbrell Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Laugh until you love your body Are you ready to lose weight and get healthy, but you hate celery sticks and sweat? This book is for you. Sex, Soup, and Two Fisted Eating is: *Fun: laugh-a-minute encouragement complete with cartoons, poetry, and enough cheesy puns to make you lactose intolerant. *Sustainable: for long term results, look no further because the healthy habits you develop will help you stay fit until you die. (See how encouraging this is?) *Flexible: easily adaptable to fit your needs and preferences like a need for chocolate and a preference toward spandex, for example. *Educational: the science supporting healthy habits is explained in a memorable way, like how REM sleep is like a toilet.



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