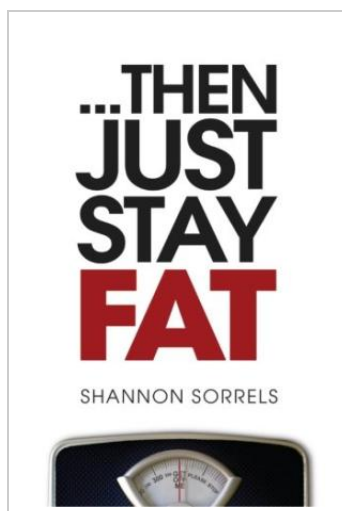




then just stay fat.

By Shannon Sorrels

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: I'm too busy I've been out of town TV was good last night I had to go out to dinner a lot this week I've been sick The conference lunch had bad food choices My job is stressful I'm PMSing I've been busy I'm backed up (and I don't mean scheduling) They made me a cake I'm too busy I need wine I'm genetically fat My family is sick I'm allergic to South African bee pollen My car is at the shop My dog is sick These are new shoes My metabolism thinks I'm...



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