



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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Robert Ford:

As people who live in the actual modest era should be revise about what going on or details even knowledge to make these people keep up with the era that is certainly always change and progress. Some of you maybe will certainly update themselves by examining books. It is a good choice for yourself but the problems coming to an individual is you don't know which one you should start with. This Feel Like Sh*t? How to Stop Being Fat is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and want in this era.

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