



A Quote for You, Fatty: Great advice and inspirational quotes, to help you get in shape!

Fred Juliusson

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A Quote for You, Fatty: Great advice and inspirational quotes, to help you get in shape! Fred Juliusson
A great collection of powerful, fun and inspirational quotes to help you stay away from junk food, slim down and get buffed! When you need that extra encouragement to stay clear of that cake, when you need to put the cookie down!, "A Quote for You, Fatty" is here to give you a helping hand. Thanks to his own first-hand experiences with all the aspects of dieting, cookie-over-eating, getting fat, getting in shape, slacking off and pumping up, author Fred Juliusson has been able to create a very entertaining blend of great quotes, humor and and some awesome inspiration that should be able to keep most of us on the treadmill and on the right track to change our lives!

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