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Done With Being Fat

By T. C. Hale

Words to Spare, LLC. Paperback. Book Condition: New. Paperback. 280 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. DONE WITH BEING FAT is brought to you by touring comedian turned natural health expert, T. C. Hale (aka Tony Hale). Not only will Tony have you laughing out loud while he reveals the secrets behind weight loss and how the human body functions, you will also learn how to look at your own body chemistry to understand the underlying cause of YOUR weight issues. Since the reasons for weight gain vary from person to person, once you understand what is going on with your chemistry, this book will help you understand what foods, supplements, or lifestyle changes could eliminate your need to continue buying bigger pants. This book is the straightforward version of the laugh out loud, KICK YOUR FAT IN THE NUTS. Both versions explain the science behind menstrual cramps. The version you choose to read is just a matter of taste. Heres what some of Tonys celebrity clients have to say: Working with Tony is like jumping into the arms of your favorite aunt. Except its not. At all. I mean, his methods work. But its not like that at all....



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