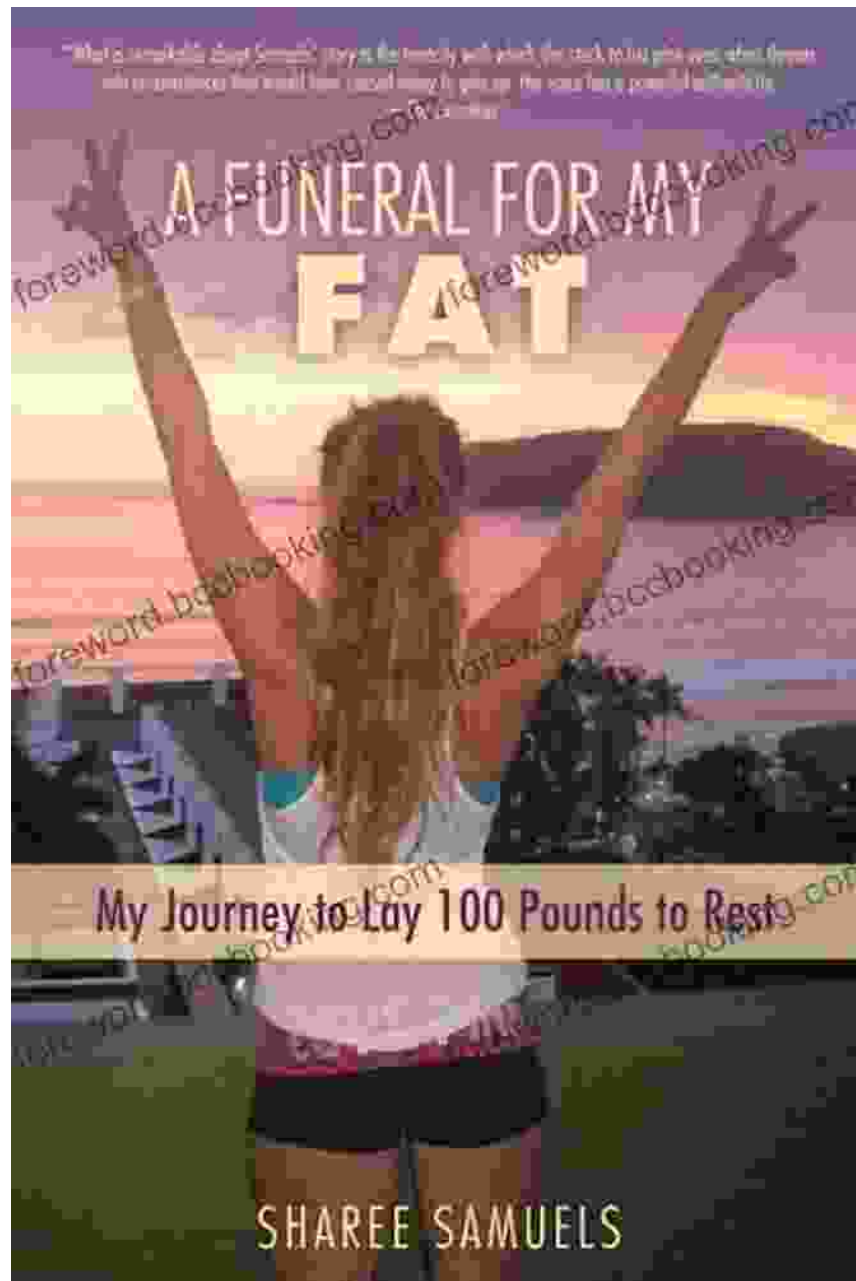
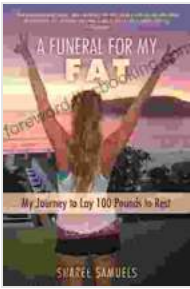


Funeral For My Fat

Lose Weight and Transform Your Life



Are you tired of feeling trapped in a cycle of dieting and weight gain? Have you tried every diet under the sun, only to end up back where you started? If so, then it's time to read *Funeral For My Fat*.



A Funeral for My Fat: My Journey to Lay 100 Pounds to Rest by Hourly History

★★★★☆ 4.3 out of 5

Language	: English
File size	: 8133 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 299 pages
Lending	: Enabled



Funeral For My Fat is a groundbreaking book that will help you ditch the diet mentality and embrace a healthy lifestyle that you can stick to for the long haul. Written by certified nutritionist and personal trainer Allie Casazza, this book is packed with practical advice and real-world solutions that will help you lose weight and transform your life.

In *Funeral For My Fat*, you'll learn how to:

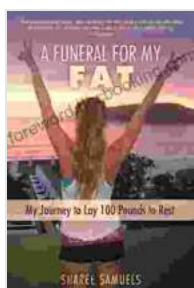
- Identify the root causes of your weight gain
- Develop a personalized eating plan that meets your individual needs
- Create a sustainable exercise routine that you'll actually enjoy
- Overcome emotional eating and other obstacles that stand in your way
- Build a support system that will help you stay on track

Funeral For My Fat is more than just a diet book. It's a complete guide to weight loss and lifestyle transformation. With Allie's help, you'll learn how to

make lasting changes that will help you reach your goals and live a healthier, happier life.

If you're ready to say goodbye to your old habits and start living a new life, then Free Download your copy of *Funeral For My Fat* today.

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