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think the last 20 pounds are the hardest? try the last 200. at age 24 and 372 pounds, jennette fulda thought maybe the best way to lose weight was to have her ...

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half assed is a weight loss memoir that takes an honest and humorous approach to the author's challenges and self-discoveries in her process of losing weight.

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half-assed a weight-loss memoir book details • author : jennette fulda • pages : 247 pages • publisher : seal press • language : english • isbn : 1580052339

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half-assed has 2,044 ratings and 257 reviews. claudia said: upon reading the summary of this book, i was simply elated. i thought to myself, 'finally! an...

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as one would guess from the title, jennette fulda's half-assed: a weight-loss memoir, tackles the story of her weight-loss journey with humor.

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"half-assed" is not a diet book, and the author does not actually reveal what plan she followed to lose 186 pounds. however, the value of this book lies in the ...

HALF-ASSED: A WEIGHT-LOSS MEMOIR BY JENNETTE FULDA

Thu, 09 Mar 2017 20:37:00 GMT

half-assed: a weight-loss memoir by jennette fulda after undergoing gall bladder surgery at age twenty-three, jennette fulda decided it was time to lose some weight.

HALF-ASSED - SEAL PRESS

Thu, 27 Apr 2017 07:43:00 GMT

half-assed a weight-loss memoir by jennette fulda. \$15.95 usd, trade paper original, may 2008

HALF-ASSED : A WEIGHT-LOSS MEMOIR (BOOK, 2008) [WORLDCAT]

Thu, 27 Apr 2017 00:48:00 GMT

half-assed : a weight-loss memoir. ... in her journey from full-figured to half-assed, she stops only to knock her cat off the treadmill"--back cover. rating: