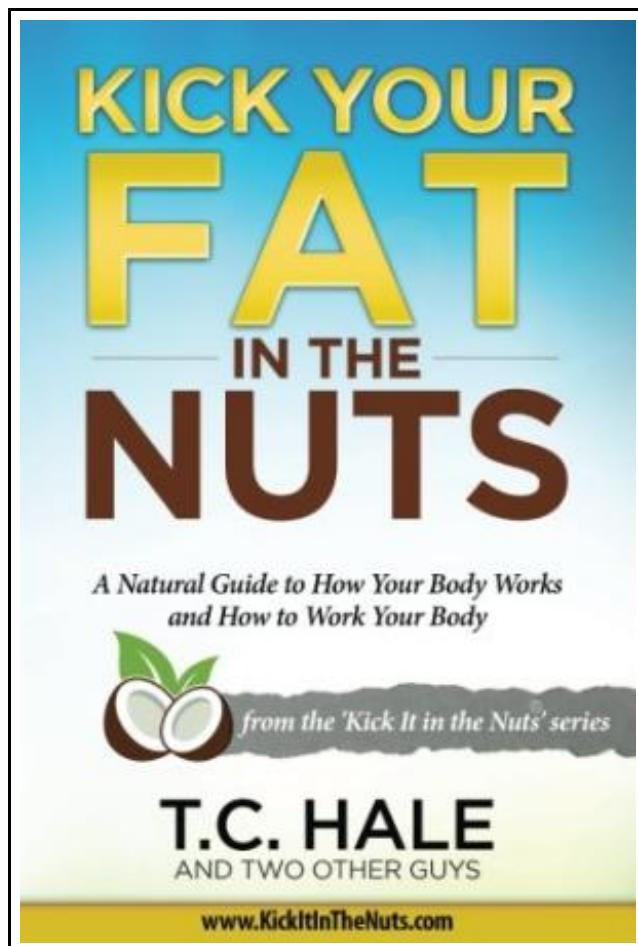


Kick Your Fat in the Nuts



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Words to Spare, LLC. Paperback. Condition: New. 306 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. 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. 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. - Jane Lynch - Gleel confess to being a full-blown gymophobe. (I still have flashbacks of my mean fourth-grade gym teacher!) Tony actually makes the gym panic-attack free. - Tom Kenny - Voice of SpongebobWait. You mean the short skinny trainer dude with the neon sneakers who writes books about womens menstrual cramps Did he ever get a single menstrual cramp I dont think so. The guy who helps fat people get skinnier Was he ever fat I dont think so. And whats with the whole fake I dont talk thing Is it turrets If he did talk, would it be a string of expletives even I would be offended by I guess he has a sense of humor. Thats something good. - Betty Thomas - Director - 28 Days, The Brady Bunch Movie, etc. You can argue with Tony, or you can do what he says and buy smaller jeans. - Kari Wahlgren - Voice of Tigres - Kung...

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