



Quit Salt and Get a Thigh Gap!: (My Fad Diet Review and Diary)

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A riotous comedic review of the craziest fad diets ever created to separate us fatties from our hard earned dollars. Indulge yourselves in Sissy's humorous and somewhat disastrous diet experiences and her mantra for weight loss. The book includes a number of fabulous recipes that in moderation taken with exercise helped Sissy drop some love handles. Enjoy Sissy's diary/review and remember " We will have no dribbling of cream on Sissy's watch "

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From reader reviews:

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Derek McCaleb:

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Quit Salt and Get a Thigh Gap!: (My Fad Diet Review and Diary) can be very good book to read. May be it can be best activity to you.

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