



Kick Your Fat in the Nuts

T.C. Hale

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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.

Here's what some of Tony's celebrity clients have to say:

"Working with Tony is like jumping into the arms of your favorite aunt. Except it's not. At all. I mean, his methods work. But it's not like that at all."

- Jane Lynch - Glee

"I 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 Spongebob

"Wait. You mean the short skinny trainer dude with the neon sneakers who writes books about women's menstrual cramps? Did he ever get a single menstrual cramp? I don't think so. The guy who helps fat people get skinnier? Was he ever fat? I don't think so. And what's with the whole fake I don't 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. That's 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 Fu Panda: Legends of Awesomeness

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From reader reviews:

Gary McKinney:

Now a day those who Living in the era exactly where everything reachable by connect to the internet and the resources inside it can be true or not require people to be aware of each data they get. How many people to be smart in acquiring any information nowadays? Of course the correct answer is reading a book. Studying a book can help persons out of this uncertainty Information particularly this Kick Your Fat in the Nuts book because this book offers you rich info and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it everbody knows.

Verna Riddle:

The feeling that you get from Kick Your Fat in the Nuts could be the more deep you digging the information that hide inside words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but Kick Your Fat in the Nuts giving you excitement feeling of reading. The writer conveys their point in a number of way that can be understood through anyone who read the idea because the author of this guide is well-known enough. That book also makes your own vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this specific Kick Your Fat in the Nuts instantly.

Colleen Edwards:

Many people spending their time frame by playing outside using friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by examining a book. Ugh, do you consider reading a book can actually hard because you have to use the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Touch screen phone. Like Kick Your Fat in the Nuts which is getting the e-book version. So , try out this book? Let's observe.

Willie Dominguez:

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