

Half Assed A Weight Loss Memoir Jennette Fulda

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Half Assed A Weight Loss

Half-Assed is the captivating and incredibly honest story of Jennette's journey to get in shape, lose weight, and change her life. From the beginning—dusting off her never-used treadmill and steering clear of the donut shop—to the end with her goal weight in sight, Jennette wows readers with her determined persistence to shed pounds and the ability to maintain her ever-present sense of self.

Half-Assed: A Weight-Loss Memoir - Kindle edition by Fulda ...

Half-Assed: A Weight-Loss Memoir by Jennette Fulda ★ ★ ★ ★ When Jennette Fulda was in her early to mid-20's and started having some major health issues, she had no choice but the face the fact that she was nearly 400 pounds and in need of a lifestyle change. It was no easy thing to do but she faced it and would lose the weight after many attempts, failures, and hard work.

Half-Assed: A Weight-Loss Memoir by Jennette Fulda

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Half-Assed : A Weight-Loss Memoir (Paperback) - Walmart ...

At age 24 and 372 pounds, Jennette Fulda thought maybe the best way to lose weight was to have her gallbladder removed. Then she decided to work her ass off—literally. In her journey from full-figured to half-assed, she stops only to knock her cat off the treadmill.

Half-Assed: A Weight-loss Memoir - Jennette Fulda

After undergoing gall bladder surgery at age twenty-three, Jennette Fulda decided it was time to lose some weight. Actually, more like half her weight. At the time, Jennette weighed 372 pounds. Jennette was not born fat.

Half-Assed: A Weight-Loss Memoir by Jennette Fulda ...

Half Assed: A Weight-Loss Memoir Background. After undergoing gall bladder surgery at the age of 23, Jennette Fulda, who weighed 372 pounds at the time,... Half Assed Basics. This is not a traditional dieting program but is instead a memoir of Fulda's personal weight loss... Recommended Foods. ...

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Half-Assed: Fulda, Jennette: 9781580052337: Amazon.com: Books

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"It's important to note that half-assing your workout is not the same as phoning it in, not paying

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attention, and being unsafe in a workout,” adds Pilates Instructor Lesley Logan. “Half-assing it may mean walking instead of running, or half the reps, or [using] lighter weights than you usually would.

Is It Ever Okay to Half-Ass a Workout? - Aaptiv

Know thyself, quiz Monday. Jennette Fulda tells stories to the Internet about her life as a smartass, writer, chronic headache sufferer, (former?) weight-loss inspiration, and seemingly nice person (who is silently judging you). You can contact her if you promise to be nice.. Disclaimer: I am not responsible for keyboards ruined by coffee spit-takes or forehead wrinkles caused by deep thought.

Jennette Fulda

Half-assed A Weight-loss Memoir (Paperback) : Fulda, Jennette : After undergoing gall bladder surgery at age twenty-three, Jennette Fulda decided it was time to lose some weight. Actually, more like half her weight. At the time, Jennette weighed 372 pounds. Jennette was not born fat. But, by fifth grade, her response to a school questionnaire asking 'what would you change about your appearance ...

Half-assed (Paperback) | Chicago Public Library ...

Half-Assed . A Weight-Loss Memoir. Jennette Fulda. Paperback. List Price: 16.99* * Individual store prices may vary. Seal Press, 9781580052337, 256pp. Publication Date: April 29, 2008. About the Author. Jennette was born in Indianapolis, but raised in Virginia, Maryland, Kentucky, and then Indiana again by a family of corporate gypsies. A ...

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Half-Assed : A Weight-Loss Memoir by Jennette Fulda (2008 ...

In 20 words or less: I will no longer be updating PastaQueen.com. I will now be blogging at JenFul.com JennetteFulda.com. I used to be Jenny. To some I was even called Jenny Sue. But there were a lot of girls named Jenny in the early 80's and there was always another one in my class. It made me feel less than special, like I wasn't the unique snowflake they tell you that you are.

PastaQueen | You'll laugh you ass off. (I did.)

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