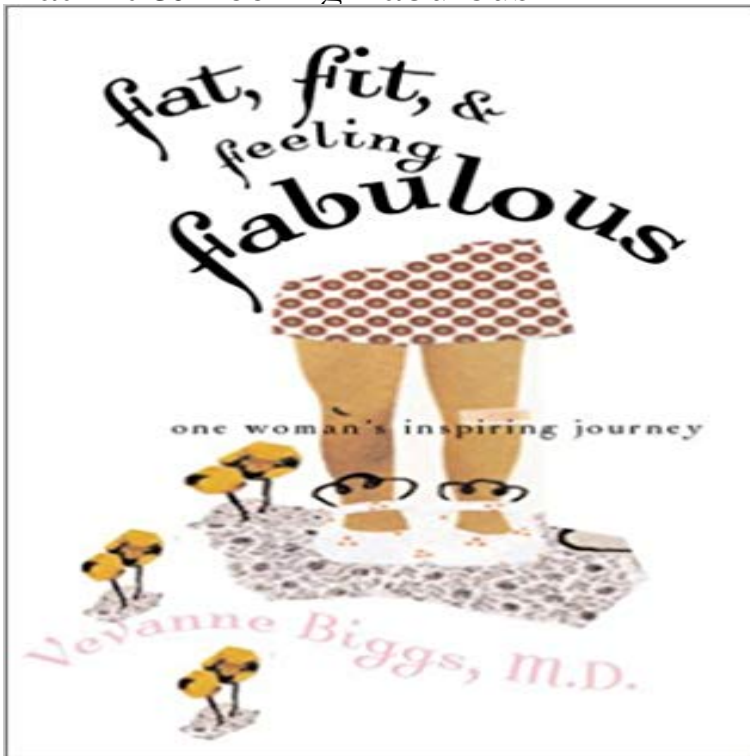


## Fat Fit & Feeling Fabulous



The author tells of her inspiring journey from obesity and self-hatred to a fit--not thin--body, mind, and spirit, as she developed into a triathlete in her quest to successfully complete an Ironman triathlon by her fiftieth birthday. Original.

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