



# **I'm Not Fat, I Have Fat: How to Stop Yo-Yo Dieting and Transform your Life**

*Deborah Cripps*

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# I'm Not Fat, I Have Fat: How to Stop Yo-Yo Dieting and Transform your Life

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**I'm Not Fat, I Have Fat: How to Stop Yo-Yo Dieting and Transform your Life** Deborah Cripps

I Am Not Fat, I Have Fat is a guide on how to get to your ideal weight and stay there. You will learn how to be happier with your body. Using various coaching techniques, Deborah Cripps will show you how to improve your lifestyle and change your attitude to food.

By changing our daily habits we can reprogram the way we think about food and maintain our weight without resorting to fad diets or countless hours in the gym (or any of that other stuff we don't really like doing)

Change your life today.

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