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... Then Just Stay Fat.

# ...THEN JUST STAY FAT

SHANNON SORRELS



## Synopsis

For a couple of years, Shannon Sorrels has wanted to put out a book about fitness and weight management, a book that's entertaining, motivating and a tad bit pointed, sort of a Dave Barry and Erma Bombeck meets Dr. Oz and Bob Greene -- definitely not your traditional this-is-how-to-lose-weight manual. A multi-degreed certified personal trainer and owner of an award-winning fitness training and nutrition studio in Phoenix, Sorrels has heard every excuse for not exercising and committing to a weight-management program: I'm too busy I've been out of town TV was good last night I had to go out to dinner a lot this week I've been sick The conference lunch had bad food choices My job is stressful I'm PMSing I've been busy I'm backed up (and I don't mean scheduling) They made me a cake I'm too busy I need wine I'm genetically fat My family is sick I'm allergic to South African bee pollen My car is at the shop My dog is sick These are new shoes My metabolism thinks I'm starving My child failed a test Dunkin' Donuts had a sale I usually weigh-in in the morning The soft serve yogurt with Oreo toppings was for calcium I'm too busy My cat is sick Beer helps me relax My tree fell over I forgot to wash my workout clothes I'm tired These are different clothes My pinky nail fell off My fridge died; I had to eat it all The moon is out of phase with Jupiter I'm too busy And to the people who made those excuses, she has wanted to say, "then just stay fat." Sorrels knows of what she speaks. The word "diet" has been part of her vocabulary since she was 9 years old. She spent many years upset, depressed, frustrated and confused. She lost weight and then gained it back. She read books, listened to tapes and joined programs. She fumbled around until she figured it out, and when she did she changed careers and started Physix. She also found a way to share her thoughts and frustrations: writing. This book isn't a step-by-step weight-loss or fitness plan. There already are plenty of those, and Sorrels doesn't agree with most of them anyway. Instead, it is intended to motivate and entertain, spur some heated debates " and maybe even put an end to all of the excuses.

## Book Information

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## Customer Reviews

I'm not such of a reader but I went to Shannon's web site and watched her videos, they were very funny so I thought her book would be funny as well and it was. There is nothing in this book which doesn't make common sense and it comes to the basic of eating less will bring your weight down, which is true. Add patience and persistence and you will be back to where you want to be. Do you need to pay a fortune for that though? According to Shannon, probably not. Advertisers are very clear of what they want: your money! And they will make you believe anything, even that the magic pill exists. They know for a fact that overweight people are an easy target and it is really easy to dupe them. I am not saying that they are stupid or anything but more likely they are sensitive to others' opinions and miracle solutions because deep down they don't want to be like this. Who wouldn't want to lose 50 pounds in a week or 2 after all? Fortunately Shannon is here to open your eyes and do the math for you: eat less! To lose 50 pounds you need a 500 calorie / day deficit which will lead to a pound / week lost over time. It still will take you 50 weeks, not 2. Physics laws apply everyone, magic pills or not. Add to that some physical activities and you may be able to reduce the time it takes to shrink a bit. Antoine Lavoisier (1743-1794) is often quoted for saying, "Nothing is lost, nothing is created, everything is transformed." No miracles! America is sick and has been for a while now costing billions of dollars every year to American citizens (thanks to fast food restaurants and easy access to everything either from home or cars).

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Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Then and Now Bible Maps: Compare Bible Times with Modern Day - Overhead Transparencies (Then & Now Bible Maps at Your Fingertips) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Splitsville: How to Separate, Stay Out of Court and Stay Friends Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and then suddenly ... empty, just with one person, that is me.. Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) KETOGENIC DIET: FAT BOMB RECIPES: Low Carb, High Fat, Vegan and Gluten Free Fat Bombs (FATBOMB COOKBOOK 1) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Yes! You Can Stay Young And Healthy Forever At No Cost And Without A Diet. Lecture 119, Dirasaat 1969: Just Use The Power of Your Mind. CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Stay on Target: Build Muscle, Lose Fat, and Get the Motivation to Succeed Using a Military-Proven Nutrition and Exercise Plan Anyone Can Do Just Margaritas and Sangrias: A Little Book Of Liquid Sunshine (Just (Lyons Press)) Cool Colleges: For the Hyper-Intelligent, Self-Directed, Late Blooming, and Just Plain Different (Cool Colleges: For the Hyper-Intelligent, Self-Directed, Late Blooming, & Just Plain Different) Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!)

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