



Run Fat Bitch Run (Paperback)

By Ruth Field

Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Digital original. Language: English . Brand New Book. IT S TIME TO GIVE THOSE SKINNY BITCHES A RUN FOR THEIR MONEY You ll be up and running in no time at all Grazials there a large arse-shaped dent in your sofa? An eye-wateringly expensive (and rarely used) gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under the duvet?Then it s time you face the truth: the only option is to lace up your trainers and hit the ground running.Funny and brutally honest, Ruth Field and her straight-talking alter-ego The Grit Doctor will give you - yes, you - the push you need to start pounding the pavements and shedding pounds in no time.* Locate your inner grit and long-lost energy with a completely foolproof beginners programme * Enjoy carbs without guilt with The Grit Doctor s tasty and nutritious recipes* Now includes marathon training plan to transform you from casual jogger to elite(ish) athletelf you want to lose weight, get fit and become and ass-kicking, gets-things-done superwoman, there s only one thing left to do . . . RUN!...



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