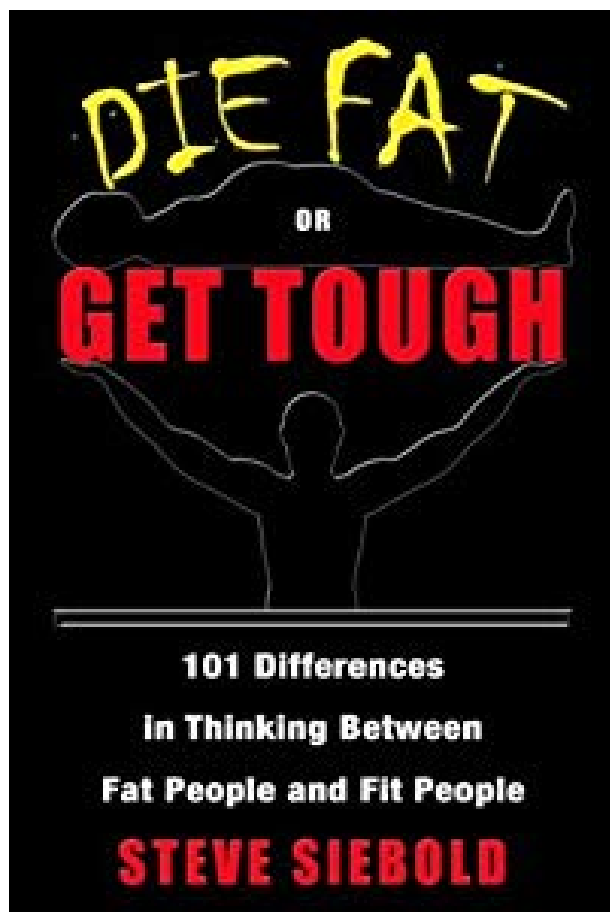


Die Fat or Get Tough: 101 Differences in Thinking Between Fit People and Fat People



Genre:	Uncategorized
Language	English
Author:	Steve Siebold
ASIN	B003R7LA2A
Goodreads Rating:	3.57

[Die Fat or Get Tough: 101 Differences in Thinking Between Fit People and Fat People.pdf](#)

[Die Fat or Get Tough: 101 Differences in Thinking Between Fit People and Fat People.epub](#)

This is a Mental Toughness Book for Dieters. If you're tired of being disgusted when you look at your body in the mirror, this book may change your life forever. I never knew how much being fat was costing me until I got tough and took control. That's what mental toughness training can do for you.

As your waistline shrinks, your confidence soars. You'll not only look better...you'll BE better.