

# Fit Happens: Little Miss Healthy Pants

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## Reviews

The book is fantastic and great. It is loaded with knowledge and wisdom You are going to like the way the article writer create this ebook. (Amaya King)

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# FIT HAPPENS: LITTLE MISS HEALTHY PANTS



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Meet sharp-tongued, yet insecure 37-year-old divorced mom, Whitney Cordona. Everyone from her picture-perfect best friend, to her fitness fanatic ex-husband, to her hard-hearted mom is a pain to her frustrated soul and unfit frame. As Whitney battles within her own self-doubting psyche, the question is clear: Will she choose to remain the unquestionable villain of her life s conflict of being overweight, or will she determine to become a confident heroine? Whitney s choice can no longer linger, as her 11-year-old daughter is growing up and growing out to mirror her large physique and even larger internal frustrations. It s a bumpy ride of laughs and tears, smiles and sighs as she resolves to either fight with determination or flounder in despair. Whether you ve seemingly tried it all and quit it all in your efforts to be healthy and fit, or you ve maintained being fit for all the right reasons, Whitney s complex journey will offer refreshing hope and thought-provoking insight towards your fitness aspirations. From her first sentence to her last, Whitney is a poignant illustration of what can happen when FIT HAPPENS.

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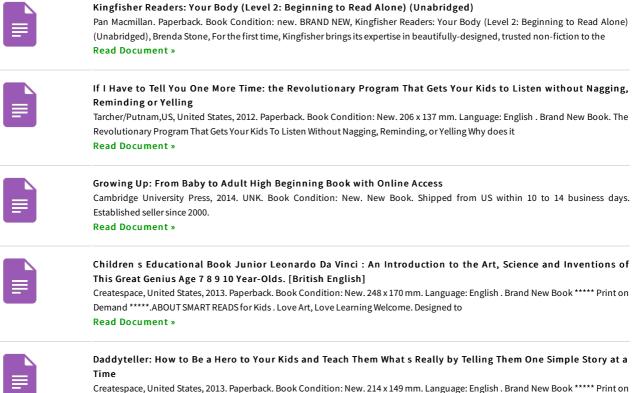
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