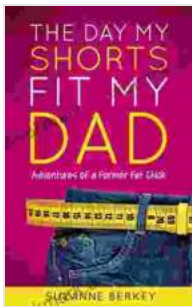


Adventures of a Former Fat Chick: A Journey of Transformation

Losing weight is hard. Keeping it off is even harder. And ng it all in the public eye? That's next to impossible. But that's exactly what Emily Austin did. After losing over 100 pounds, Emily shared her journey on her blog, which quickly gained a following of millions of readers. Now, she's sharing her story in her new book, *Adventures of a Former Fat Chick*.



The Day My Shorts Fit My Dad: Adventures of a Former Fat Chick by Suzanne Berkey

★★★★☆ 4.5 out of 5

Language : English
File size : 1578 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages
Lending : Enabled



Emily's book is not just a weight loss memoir. It's a story of self-love, acceptance, and personal growth. Emily writes with honesty and humor about the challenges she faced on her journey, from the physical and emotional pain of obesity to the social stigma and discrimination she experienced. But she also writes about the triumphs, the small and the big, that kept her going. She writes about finding her own strength, learning to love her body, and discovering her own worth.

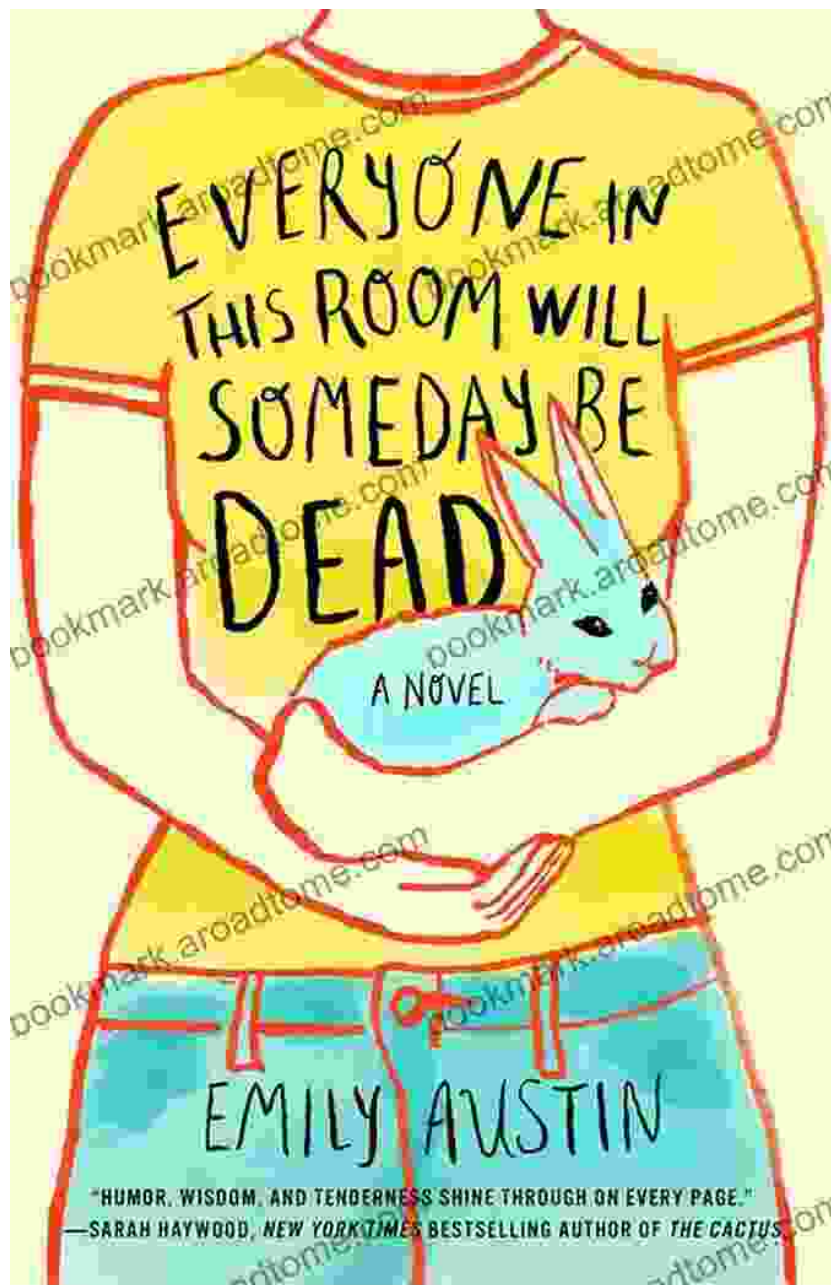
Adventures of a Former Fat Chick is an inspiring and relatable story for anyone who has ever struggled with their weight or their self-image. Emily's journey is a testament to the power of perseverance, resilience, and self-love. Her story will leave you feeling motivated, empowered, and ready to take on your own challenges.

What Readers Are Saying

- "*Adventures of a Former Fat Chick* is the most honest and inspiring book I've read in a long time. Emily's story is relatable, funny, and heartbreaking all at the same time. I couldn't put it down." - Our Book Library reviewer
- "Emily Austin is a voice for all of us who have ever struggled with our weight. Her story is a reminder that we are not alone and that anything is possible if we set our minds to it." - Goodreads reviewer
- "This book is not just for people who have struggled with weight loss. It's for everyone who has ever felt like they didn't measure up. Emily's story is a reminder that we are all worthy of love and acceptance, no matter what our size." - BookBub reviewer

About the Author

Emily Austin is a blogger, speaker, and author. She is the founder of the website Popsugar Fitness, where she shares her journey of weight loss and fitness with millions of readers. Emily has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Today Show*. She is the author of the book *Adventures of a Former Fat Chick*.

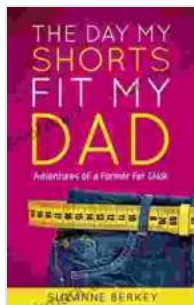


Emily Austin, author of *Adventures of a Former Fat Chick*

Call to Action

Are you ready to embark on your own journey of transformation? Free Download your copy of *Adventures of a Former Fat Chick* today and start your journey to a healthier, happier you.

Free Download Your Copy Today!

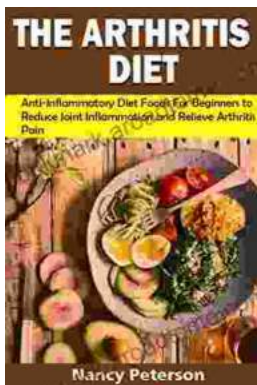


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