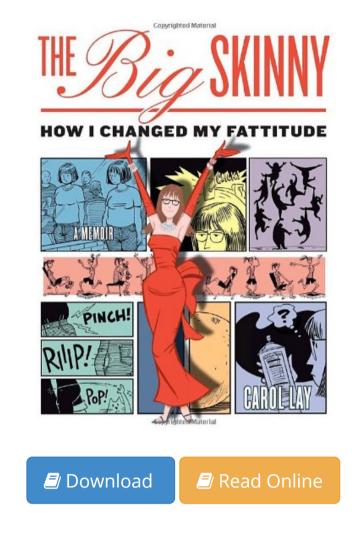
The Big Skinny: How I Changed My Fattitude



I thank you **The Big Skinny: How I Changed My Fattitude** for the inspiration and giving the spirit to my fullday activity.

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Carol Lay on The Big Skinny: How I Changed My Fattitude Carol Lay tells Newsarama about her upcoming book from Random House ... Newsarama: Carol, big picture, what is The Big Skinny: How I Changed my Fattitude?

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