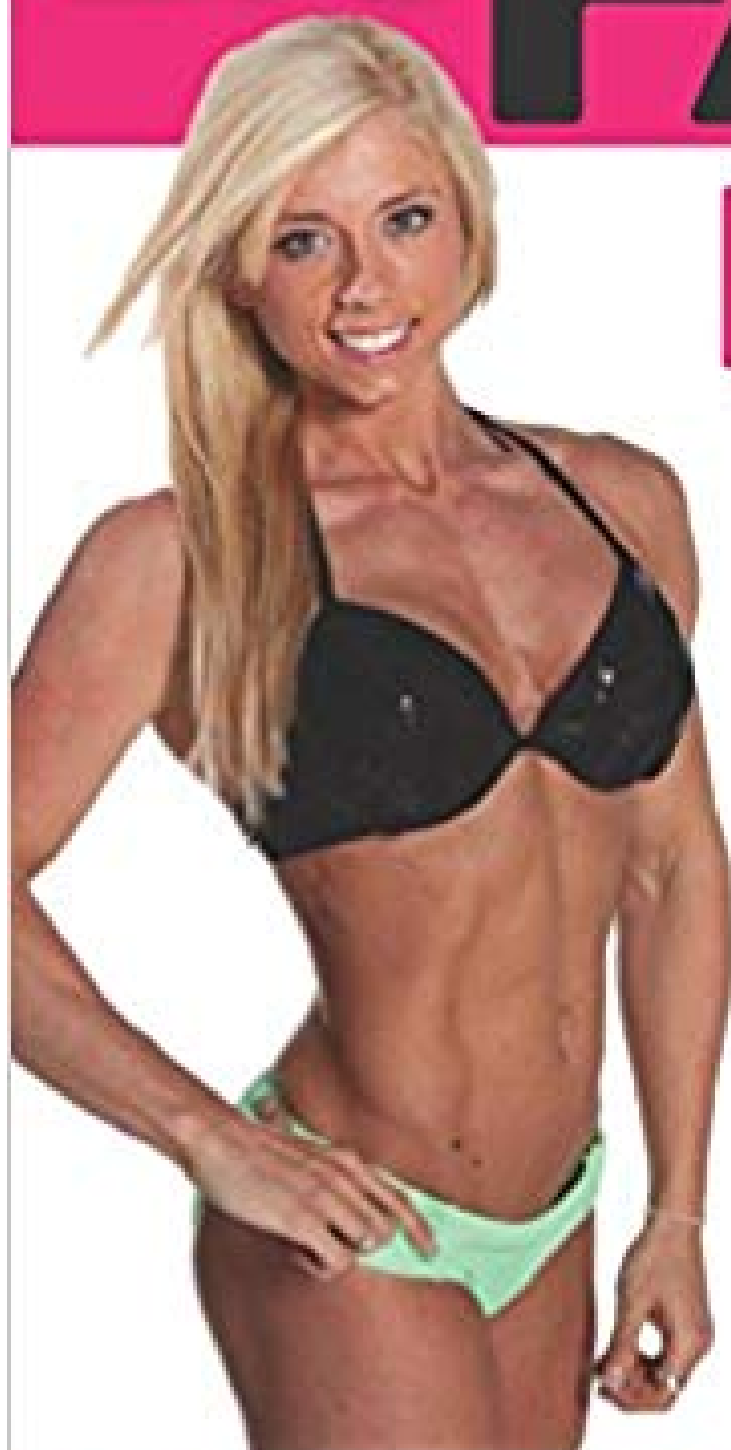


# BIG FAT

# LIES



How Everything  
You've Been Told  
About Losing Weight  
Is Full Of Lies And  
The TRUTHS That  
Helped Me Lose

**65 POUNDS**

Without Giving Up  
Pizza And Ice Cream.



## KAELIN TUELL POULIN

Pro Fitness Athlete & Founder Of LadyBoss Weight Loss

Kaelin Tuell Poulin

## Big Fat Lies



[continue reading](#)

This book isn't for those looking for some Hollywood headline eating plan with endless promises of "magic pills" and "quick fixes". This book isn't for those who want to keep in the energy draining routine of losing weight and then gain it again. This publication is for individuals who want the TRUTH. Everything You've Been Told about WEIGHT REDUCTION Is A Big Excess fat Lie! Through this reserve you will lay the foundation to create YOUR story so it becomes one you love to inform. You've tried it all haven't you? Weight-Loss fads, issues, and every other diet out there—but nothing seems to stick. She debunks the MYTHS and reveals the TRUTHS about losing weight and developing a lasting healthy life style that will TRANSFORM your daily life. You deserve the life of your dreams.S. Finally, someone has the COURAGE to tell you why. Forget about weight reduction tips from individuals who haven't dropped any excess weight. Kaelin's award-earning achievements in fitness and well-being , backed by careful analysis, led her to develop the Lady Boss Formulation for weight reduction success that thousands of ladies around the globe—housewives, executives, athletes, college students, and busy moms—have used to lose weight and keep it off forever. To help you discover your own incredible tale, the founder of the LadyBoss motion right now shares her inspiring personal trip from getting clinically obese and hopeless to fit and confident. On her own private journey, Kaelin discovered that the reason her and other ladies had trouble slimming down and keeping it off was as the weight-loss industry was lying about how exactly to actually improve your health and have long-term success. It is time to start living it. What would life be like if it wasn't? Seriously, it truly is. Kaelin Tuell Poulin, the girl who lost 65 pounds in 7 a few months while still eating pizza and ice cream, cuts through the B. How is your health holding you back? Kaelin will highlight the way as you become part of the most effective community of ladies on the planet. Are you ready for the truth?



[continue reading](#)

I want my cash back! There was no workout or diet program in the book. All of this was is a advertisement. Same old, same exact.. But I think the reviews are on her behalf actual Ladyboss program online, not this book.) plan. Personally i think like half the publication is her story and the spouse is telling you that you can change your tale. One way to make money to make money with offering her nutritintion (?) activity (? All of this was is a advertisement. Don't waste your money on her reserve or her gimmick con of a weightloss program. This is basic information. Literally nothing you don't already know. You get no information out of this book. So if you just require a pep talk, buy the book. Normally, I'd look elsewhere. I found Kaelin on Facebook and believed she may have a good plan because of all the rave reviews.. Will become returning it. Useless I purchased into Kaelin and her strategy at first but now I realize what size of a joke she actually is. She runs the Facebook group just like a Nazi - deleting any feedback and folks that don't agree, or that post something beyond the diet guidelines. She bribed the FB group to buy these books therefore she is actually a top seller. She over charges for information that's basic understanding. I felt duped. You can do it on your own without her taking your cash and time. Tell Me Something I Didn't Know This book had nothing in connection with exercise or nutrition which is what Kaelin claims was what worked for her. The book is good as is the program. Entertaining enough but nothing life changing. EASILY wanted to hear their stories, Id read their book and if I needed a motivational speaker, Id read a publication from an actual professional....We wouldn't recommend. Kudos to the writer for her weight loss. Great bolk Great book, very inspiring. This reserve contained informarion found in every fitness infomercial minus the, "but wait-there's more! The issue is the fb web page they have for "support" and accountability. Her site is crap, too. Not what I wanted Regrettably I fell for the catchy title and thought I'd learn a few new tricks ?This book didn't have any substantial nutritional information for me personally. Infomercial in print This was only an accumulation for a recommendation to her workout plan and website. Price a little bit steep for this content. Personally i think like it's only a good story approximately her with some .two thumbs down. Too bad, bc this program is good and the website is supposwd to be useful, hut wnds up being a major frustration and impediment sometimes. The one thing she covered was motivation and other people's stories. Personally i think like it's only a good story about her with some common sense ideas thrown in. Didn't have all the best Not for me Good program, avoid their fb support web page, though. So I'm puzzled as to why she never in fact shared what so when she ate and how and when she worked well out/ went to the gym." What a joke. It didn't take long to learn... few and considerably in btwn with workout as well as LadyBoss related materials. In the event that you disagree with anyone, they obtain very snippy and tey to gang up in you by telling you you arent sparkling.. Not really a nutrition or exercise program I bought this publication thinking it had been a nutrition plan or maybe an exercise plan but sadly, it's neither. You get no . Nothing at all beyond everyday good sense. You don't need to pay for a book that tells you to eat less and exercise more. Waste of time and money. Crying Why We started journaling as We was reading this book. And before she actually discussed your why should cause you to cry, I had already teared up while journaling. She speaks the reality. I could quickly relate to factors she stated and it has made an impact. I am grateful for her insight. Inspiring Awesome book that inspires you and encourages you to see yourself in a different light. I've seen pictures and actual people on the key pad fb page who are awesome in every way! How to use lady boss Healthful diet plan, easy read It was ok. She tells her personal tale about how she gained weight. The information is nothing brand-new. Its full of being pregnant and engagement announcements, ppl posting about their husbands and unwell kids, pet photos, brand-new fad diet foods.



[continue reading](#)

download free Big Fat Lies epub

download free Big Fat Lies mobi

[download free My Life on the Swingset: Adventures in Swinging & Polyamory pdf](#)

[download Open Wide: A Radically Real Guide to Deep Love, Rocking Relationships, and Soulful Sex txt](#)

[download free The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks djvu](#)