



## My Fat Little Rule Book: Lose Weight While Indulging in Chocolate, Cheese, Orgasms and Wine! (Paperback)

By Jacquie Somerville

Jacquie Somerville Enterprises, Inc., United States, 2012. Paperback. Condition: New. David Keeler (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. My Fat Little Rule Book: how a fashionista finally reconciled with being a foodie, and lost the evil and obstinate last ten pounds. Jacquie Somerville is equally crazy about both food and fashion, and, as many of us can attest, these two passions usually cannot peacefully coexist. I mean, how does one reconcile Gucci with Gorgonzola, and Dolce Gabbana with dulce de leche? It's a dilemma. until now. Jacquie wrote My Fat Little Rule Book as a guide for herself, and outlines the 15 rules that enabled her to finally achieve her goal weight after decades of struggle. No gimmicks, no tricks, just plain common sense advice on how to lose those unwanted extra pounds. A detailed and entertaining account of Jacquie's 35-day diet and exercise plan, My Fat Little Rule Book delivers Jacquie's irreverent and humorous musings on everything from clothing and cuisine, to lust and motivation. Weaving raw and hilarious personal journal entries with the 15 rules and their accompanying -- and shockingly honest -- postscript notes, My Fat Little Rule Book...



**READ ONLINE**  
[ 2.64 MB ]

### Reviews

*I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.*

-- Merritt Kilback II

*Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Angela Blick