



Fat As My Dad

Tim 2 Taylor

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Fat As My Dad is a weight loss book written specifically for men over the age of 30. Backed by the latest research and full of real world weight loss scenarios that all men face. Fat As My Dad is a quick read with easy to grasp and implement ideas, a bit of Southern charm and dynamic personal power. The author, Tim 2 Taylor researched and tested the these weight loss concepts for over 4 years to ensure they really work for overweight , out-of- shape men. Tim 2 Taylor was USA Todays 2007 Weight Loss Champion, and is a health and fitness motivational speaker.

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Doreen Looney:

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