



Fat As My Dad

Tim 2 Taylor

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Fat As My Dad is a weight loss book written for men (but women can learn from it too.) Backed by the latest research and full of real world weight loss scenarios that we all 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, health and fitness concepts for over 4 years to ensure they really work and deliver long -term success. Tim 2 Taylor was USA Todays 2007 Weight Loss Champion, and is a health and fitness motivational speaker.

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