

Half Assed Weight Loss Memoir: A Hilarious and Relatable Journey to Weight Loss and Self-Discovery



Are you tired of the same old weight loss advice? Do you feel like you've tried everything and nothing works? If so, then you need to read Half Assed

Weight Loss Memoir by Jennette Fulda.

Half Assed Weight Loss Memoir is a hilarious and relatable account of one woman's journey to lose weight and find herself. Jennette Fulda is a writer, comedian, and podcaster who has struggled with her weight her entire life. In Half Assed Weight Loss Memoir, she shares her story with wit and candor, offering a fresh and honest perspective on weight loss.



Half-Assed: A Weight-Loss Memoir by Jennette Fulda

★★★★☆ 4.2 out of 5

Language : English
File size : 598 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 258 pages



Fulda doesn't sugarcoat her experiences. She talks about the challenges of losing weight, the setbacks, and the moments of self-doubt. But she also celebrates the victories, big and small. And she does it all with a sense of humor that will make you laugh out loud.

Half Assed Weight Loss Memoir is not just a book about weight loss. It's also a book about self-discovery and acceptance. Fulda learns to love her body, even when it doesn't fit into a size 2. She learns to forgive herself for her mistakes. And she learns to embrace the journey, even when it's hard.

If you're looking for a weight loss book that will make you laugh, cry, and think, then you need to read *Half Assed Weight Loss Memoir*. It's a book that will inspire you to lose weight and love yourself, no matter what your size.

About the Author

Jennette Fulda is a writer, comedian, and podcaster. She is the author of the books *Half Assed Weight Loss Memoir* and *The Book of Jennette*. She has been featured in *The New York Times*, *The Washington Post*, and NPR. She lives in Los Angeles with her husband and two children.

Reviews

"*Half Assed Weight Loss Memoir* is a hilarious and relatable account of one woman's journey to lose weight and find herself. Jennette Fulda is a gifted writer who has a knack for making you laugh and think at the same time. This book is a must-read for anyone who has ever struggled with their weight or body image."

-The New York Times

"*Half Assed Weight Loss Memoir* is a refreshing and honest look at weight loss. Jennette Fulda doesn't sugarcoat her experiences, but she also doesn't give up. She learns to love her body, even when it doesn't fit into a size 2. This book is a must-read for anyone who is looking to lose weight and love themselves."

-The Washington Post

"Half Assed Weight Loss Memoir is a funny, heartwarming, and inspiring book about weight loss and self-discovery. Jennette Fulda is a gifted writer who has a knack for making you laugh and cry. This book is a must-read for anyone who has ever struggled with their weight or body image."

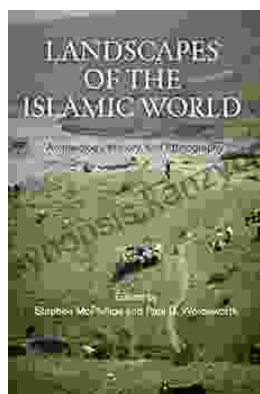
-NPR



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