



Muchas Tortillas: Fat to Phat (Paperback)

By Irma Concepcion Gonzalez Porter

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In her new memoir, Muchas Tortillas: FAT to PHAT, Irma Concepcion Gonzalez Porter reveals her personal struggles with dieting, exercise, and weight loss, trusting that her journey will encourage and inspire you to make important decisions about your own future health and well-being. During Porter's early years, her tiny Mexican mother fed her foods full of lard, fat, and sugar. In her family household, thankfulness for everything they had was mandated-and throwing any food away was forbidden. What was a girl to do? Porter candidly shares her childhood experiences of being teased and bullied for her tubby appearance, which launched her into a downward spiral of stress eating, bullying, and even more stress eating. Determined to break this never-ending cycle, she tapped into her inner strength and relied on the unflinching support of her loved ones to change her life-making the decision to have bariatric surgery and adapt to the new fitness regimen that went along with it. Now, Porter invites you along on the rest of her amazing journey toward a healthier life. Her words offer hope to anyone...



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-- Matilda Hoeger V

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