



Short Fat Chick to Marathon Runner

Kerre Woodham, Gaz Brown

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When celebrated radio personality and columnist Kerre Woodham found herself forty, overweight and depressed she faced two choices - do nothing and probably not make it to fifty or do something and get her life back. Fortunately for all of us, and especially those women who like to eat and dress well, she decided to fight back. Leaving kilos of herself and two bra sizes behind 'somewhere in the Waitakeres' she embarked on a fitness and training regime, with a goal to complete the Auckland marathon. to the laugh out loud delight and support of her readers and listeners, she battled her way to fitness and achieved her goal - then decided that she didn't want to stop. With the 2008 New York marathon in her sights, Short Fat Chick documents her life changing decision to get fit and stay fit, eat what she wants and still wear a size 12 dress. With insightful comments and fitness and training tips from her personal trainer, Gaz Brown, Kerre tells it like it is and takes the reader on a journey of self discovery and self discipline we can all admire and emulate.

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From reader reviews:

Darlene Johnson:

Have you spare time for any day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a stroll, shopping, or went to often the Mall. How about open or maybe read a book allowed Short Fat Chick to Marathon Runner? Maybe it is to become best activity for you. You understand beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have different opinion?

Robert Russo:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book Short Fat Chick to Marathon Runner it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore simply to read this book from a smart phone. The price is not too costly but this book offers high quality.

Laura McLaughlin:

Are you kind of stressful person, only have 10 or even 15 minute in your time to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are receiving problem with the book than can satisfy your short time to read it because all of this time you only find guide that need more time to be read. Short Fat Chick to Marathon Runner can be your answer since it can be read by you actually who have those short extra time problems.

Tara Payton:

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