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Avoiding the Sumo Diet



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is about me and how I changed my whole life.My name is Ashley Summers and I used to be fat. Not just a little fat, but very fat. All the problems in my life seemed to revolve around my weight.I was always the one hiding in the back of group photos. When possible,...

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- Authored by Ashley Summers
- Released at 2016



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