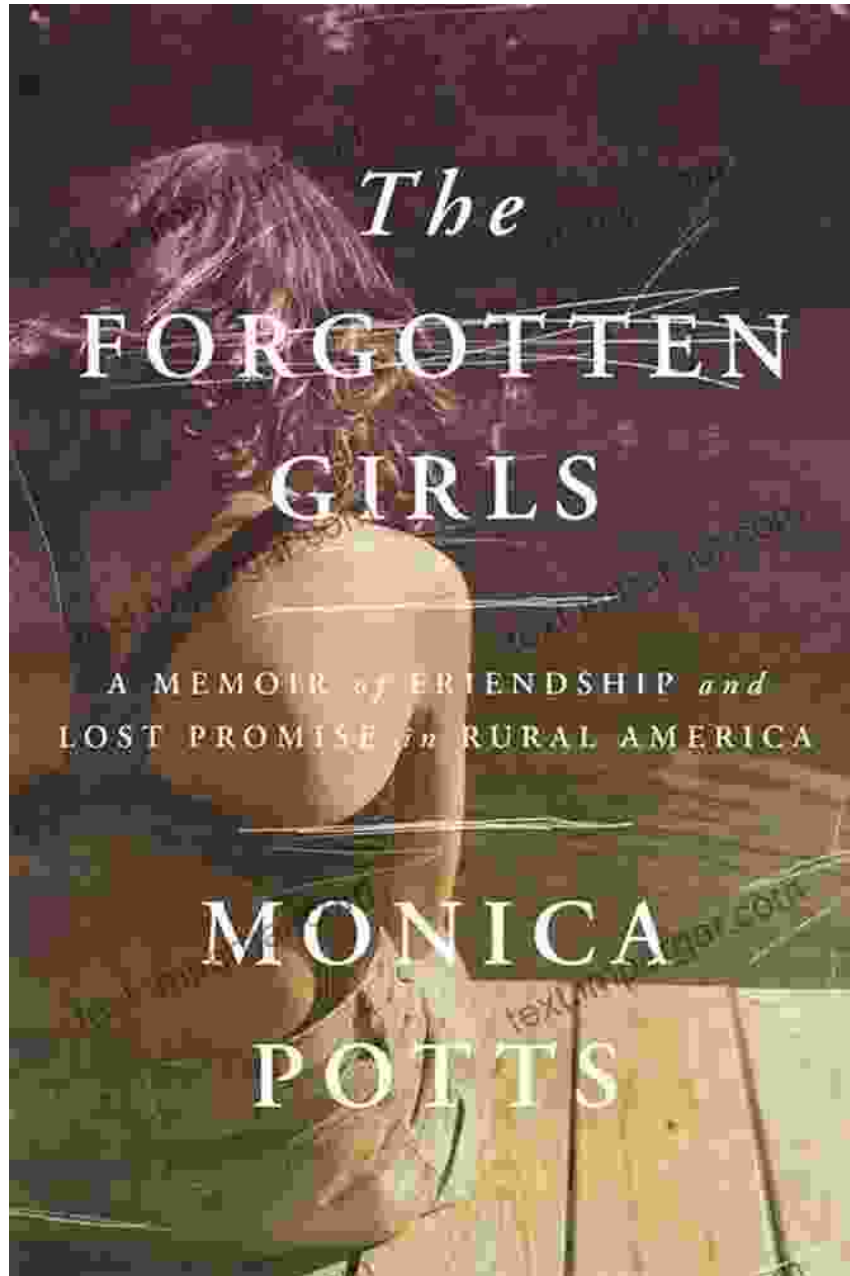


Fat Boy Thin Man: A Memoir of Friendship, Weight Loss, and Triumph



Fat Boy Thin Man by Michael Prager

★★★★☆ 4.2 out of 5

Language : English

File size : 360 KB

Text-to-Speech : Enabled



Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled



Fat Boy Thin Man is a compelling and inspiring memoir about the journey of two friends, one overweight and one underweight, who set out to lose weight together. Along the way, they learn valuable lessons about friendship, health, and the power of the human spirit.

Michael Prager, the author, is a former journalist and editor who has written for The New York Times, The Washington Post, and The Wall Street Journal. He is also the author of the book **The Big Book of Health**.

In **Fat Boy Thin Man**, Prager tells the story of his friendship with John, a man who is 100 pounds overweight. Prager is himself underweight, and he has always been self-conscious about his body. When John decides to lose weight, Prager decides to join him.

The two friends set out on a weight loss journey together, and they soon learn that it is not easy. They face setbacks and temptations, but they never give up. They support each other through the tough times, and they celebrate each other's victories.

Over time, Prager and John both lose weight, but they gain something more important: a lifelong friendship.

Fat Boy Thin Man is a story about friendship, weight loss, and triumph. It is a story that will inspire you to set your own goals and to never give up on your dreams.

Here are some of the praise for Fat Boy Thin Man:

"**Fat Boy Thin Man** is a heartwarming and inspiring story about the power of friendship. Prager's writing is honest and engaging, and he does a great job of capturing the ups and downs of the weight loss journey."

- The Washington Post

"**Fat Boy Thin Man** is a must-read for anyone who has ever struggled with weight loss. Prager's story is a reminder that we are all capable of great things, no matter our size."

- The New York Times

"**Fat Boy Thin Man** is a story that will stay with you long after you finish reading it. Prager's writing is beautiful and his story is inspiring."

- Publishers Weekly

If you are ready to start your own weight loss journey, or if you are simply looking for a story that will inspire you, then I highly recommend **Fat Boy Thin Man**.

You can Free Download your copy of **Fat Boy Thin Man** from Our Book Library, Barnes & Noble, or your local bookstore.



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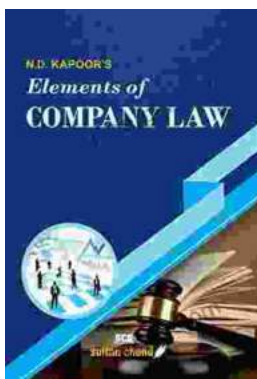
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