



# **Confessions of a Skinny Chick: The No Fluff & No Filler Guide for Women Who Are Desperate to Lose Weight**

*Stacy Jarrett*

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## **Confessions of a Skinny Chick: The No Fluff & No Filler Guide for Women Who Are Desperate to Lose Weight** Stacy Jarrett

Let's cut to the chase. You want to lose weight, you want to look good. I know how to get fit because I did it myself, and I've helped others do the same. My no BS book will show you how I did it and how you can take back control over your body and start losing weight today.

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