

Get Off Your Arse Too

Conrad had it pretty good in life -- a Porsche, pretty girls, and a trust fund full of oil money. But now, thanks to a brutal hazing incident at Louisiana State University's Gamma Chi fraternity, Conrad is dead -- a nineteen-year-old spirit suddenly without an earthly body. Make no mistake, the newly deceased Conrad is one angry ghost, and the object of his wrath is chapter president Ryan Hutchins, a "big, bright, rising star" who, in Conrad's view, is really "the darkest black hole you'll ever meet -- and I'm not just saying that because he killed me." Conrad's ghostly ability to see all but be seen by no one (except Miss Etta, Gamma Chi's elderly cook, who is gifted with paranormal powers) confirms his suspicion that Ryan's dark hand has a wide reach, from beating his girlfriend, Maggie Meadows, to terrorizing Sarah Jane Bradford, a religious student who senses that Ryan must be stopped. Out for revenge, Conrad possesses an unsuspecting pledge's body so he can finish what Ryan started, steering them toward a depraved confrontation with a surprising outcome that will leave readers gasping.

A GRIPPING DUNGENESS TRILOGY STARRING DS ALEXANDRA CUPIDI The Birdwatcher is a crime novel of suspense, intelligence and powerful humanity about fathers and sons, grief and guilt and facing the darkness within... Salt Lane - DS Alexandra Cupidi has done it again. She should have learnt to keep her big mouth shut, after the scandal that sent her packing - resentful teenager in tow - from the London Met to the lonely Kent coastline. Murder is different here, among the fens and stark beaches... Deadland brilliantly captures Kent and its social divisions, it's a crime thriller that's as ingeniously unguessable as it is moving and powerful. 'If you're not a fan yet, why not?' VAL MCDERMID

The award-winning and Number One bestselling Val McDermid crafts an electrifying psychological suspense thriller that mixes history, heritage and heinous crimes.

The "Ysengrimus" is the first fully-fledged medieval beast-epic, and the poem in which Reynard the Fox makes his first appearance on the stage of world literature. It thus occupies a key position in the long and fertile tradition of medieval beast-literature, but it also claims attention as a masterpiece in its own right, the work of one of the most daring and original satirists of the Middle Ages. Despite its importance, the "Ysengrimus" has been comparatively neglected because of its linguistic difficulties. Jill Mann eases these difficulties by presenting an English translation alongside the Latin text, and accompanying it with a detailed commentary. A full-length introduction offers an original account of the poem which shows how literary structure and historical dimensions are fused into an original satiric vision of compelling power. This book will not only interest medieval Latin specialists, but will make this major text accessible to those working on the related vernacular traditions. Its analysis of the poem's allusions to contemporary persons and events will also be of considerable interest to historians of twelfth-century Flanders.

2004 - The discovery of a skeleton in the Liverpool docklands unearths long buried secrets. Reporter, Anne McCarthy is keen to prove herself and dives into the case with abandon. There she finds Michael, an old Irish caretaker who knows far more than he's letting on. Meanwhile, Vinny Doyle is starting a postgrad degree, researching Liverpool's immigrant history and a burgeoning Scouse identity. But Vinny has been neglecting his own family history and stranger Michael might know about his father disappeared in the 70s. 1955 - Escaping violence in Ireland, Michael falls in with Wicklow boys Jack Power and Paddy Doyle, who smuggle contraband through the docks. Putting them at odds with unions while they rally the dock workers against the rackets and the strikebreakers. As the conflict heightens, Michael questions the life sprawling out ahead of him. In the present, Anne races to solve the mystery, but is she prepared for what she'll find? This is a story of identity, family, and the search for truth.

Colour this vulgar book to relieve stress, to pass the time while you're locked in your home and to just have a little fun! WARNING - This book is coarse, crude, vulgar, rude and generally disgusting so don't be surprised at what you find inside. If there's a bandwagon to jump on we'll jump aboard, but usually a little late, as with this one. We couldn't be bothered to make smart-arsed comments about toilet paper so we just did this book which you can always use as a toilet paper substitute. Colour this despicable book to relieve stress, to pass the time while you're locked in your home trying not to scream at your family and to just have a little fun! The pictures in this book have bugger all to do with the current coronabollocks pandemic. It's just that we enjoy swearing.

Ignore the news, ignore this fucking virus: Just take some time out and eliminate your personal stress and do some colouring while you disconnect from the world of panic buying, social distancing and all the other mind numbing shit. This book contains 46 different adult colouring pictures, some difficult, some not so difficult, full of insulting phrases, immature language and generally juvenile stuff. Why 46? Why not? Every bugger does rounded numbers so this is a bit different. Oh, by the way, unless your grannie is very open minded please don't get her a copy. Enjoy it while you still can before you pop your clogs!!! This is most definitely NOT for children! This somewhat crude book has 46 single sided pictures to colour! These pages of swear words and dirty expressions are sure to bring a smile to the face of anyone with a warped sense of humour and makes a great present for adults who swear like a trooper! This funny adult colouring book is a great way to relax during these difficult times. These designs will provide hours of fun, stress relief, creativity, and relaxation. The designs are printed single sided on quality white paper to ensure there is no bleed through onto the next picture. Great for crayons, markers, pens and colored pencils or even your next door neighbour's blood if he gets too close. Features Large 8.5 x 11 inch size - perfect size for a backpack or for using at home Single-sided pages for no bleed through, easy-to-remove pages High-resolution printing for crisp, clear illustrations 46 unique designs with crude language Durable matte cover High-quality book

A serial killer kills the daughter of the head of a criminal gang. He hires Barton to find this man and bring him to be dealt with by the organization. Barton is given a list of suspects, the big boss thinks that it was a revenge killing. He has to get this killer before the police, so the race is on. Barton has a list of ten suspects to investigate. During his investigation Barton bumps into a woman and although a mature man it's love at first sight. This woman turns out to be the mother of the said serial killer.

Praised as "a work of wild, vaulting ambition and achievement" by Entertainment Weekly, Jamie O'Neill's first novel invites comparison to such literary greats as James Joyce, Samuel Beckett and Charles Dickens. Set during the year preceding the Easter Uprising of 1916—Ireland's brave but fractured revolt against British rule—At Swim, Two Boys is a tender, tragic love story and a brilliant depiction of people caught in the tide of history. Powerful and artful, and ten years in the writing, it is a masterwork from Jamie O'Neill. Jim Mack is a naïve young scholar and the son of a foolish, aspiring shopkeeper. Doyler Doyle is the rough-diamond son—revolutionary and blasphemous—of Mr. Mack's old army pal. Out at the Forty Foot, that great jut of rock where gentlemen bathe in the nude, the two boys make a pact: Doyler will teach Jim to swim, and in a year, on Easter of 1916, they will swim to the distant beacon of Muglins Rock and claim that island for themselves. All the while Mr. Mack, who has grand plans for a corner shop empire, remains unaware of the depth of the boys' burgeoning friendship and of the changing landscape of a nation.

Dangerous Secrets at SPRING VALE MANOR by Margaret J Carr An overnight success makes one young rapper very rich. His single mother has spent her life scrimping and working long hours and exhausting days to stay in their rented tenement flat and bring up her child. Now he can afford it, he decides to give her the sort of place she has always dreamed of, a large, modern 'pile' in the country. With the help of his manager he buys a piece of land, on the edge of marchland, close to a rural village and commissions the building of his mother's dream home with landscape gardens, a tennis court, a swimming pool and, at the centre of the elegant driveway, a large ornate fountain. Once completed he drives his mother to see her new home only to find she hates it, everything, the size, stuck out in the middle of nowhere and wouldn't live there in a million years. However when fate steps in and the young rapper's fortunes change overnight, he has to sell the 'unwanted' manor to pay his debts. Enter the new owners. They are two brothers and their wives, with dubious businesses and contacts. They can use the place for their nefarious businesses and as storage for goods kept away from the eyes of at least two interested police forces. A woman reputed to be a witch forecasts a disaster and a little girl asks one of the brothers too many innocent questions, questions he is unable or unwilling to answer. It has rained for weeks and everywhere is flooding. The surrounding marshes and ground is overwhelmed by water unable to drain away. The manor, built on land close to a disused quarry with a catacomb of old mines beneath its foundations, starts to sink taking with it the lives of so many people.

Collects and analyzes office copier folklore and discusses how they reflect major concerns in American values and worldview

No more excuses! The Life Bitch is here, and he has no time for whingers. If you know your bum looks big, then get it off the sofa. Steve Miller is an expert in training people in positive thinking. His approach depends on using skills that everyone has: common sense (you are fat because you eat too much - no one is fat in a famine) and a bit of determination. He is tough-talking (he calls a hippo a hippo) but warm and witty too; and he shows you - with real life examples and stories - techniques that really work. His approach is realistic, and it's all about getting real. This is not just about shedding the flab, but about becoming the person you want to be, and realising that it is in you to make it happen.

Anthologizes over one hundred toasts, oral folk poems, with variants, collected from various sources, and examines their functions, themes, backgrounds, and methods of performance.

The year is 1591 and nineteen-year old Edward Harry sails to Ireland as secretary to the famous poet Edmund Spenser. Confident of his own talents, Edward expects to make his fortune as the English impose their rule on the embittered Irish. His life is blown off-course when an excursion in a small boat off the coast of Kinsale in County Cork leads to a landing on the fabled island of Hy Brazil, the Elven realm. All is not well in Hy Brazil. The island is riven by a savage civil war and Edward Harry and Calvagh, his Irish companion, are drawn into the very heart of the conflict. This is a beautifully-crafted tale of strange magics and one young man's struggle to cope with an extraordinary destiny. Praise for Hy Brazil 'A vivid, unusual and intelligent fantasy in a style reminiscent of Cloud Atlas, supporting many elements of genuine folklore in a fascinating, well-characterised, historical mix. Gerald Killingworth writes about the fairyland of Hy Brazil as if he'd actually been there.' – Herbie Brennan, bestselling author of The Faerie Wars series 'From the chance-driven, incalculable Elizabethan world of Walter Raleigh and Edmund Spenser, in an Ireland promising fabulous realms beyond barely-imagined horizons, Gerald Killingworth has fashioned an engrossing fictional universe that Shakespeare would call 'fantastical' and I loved every moment of my voyage across it.' – Jonathan Keates, prizewinning biographer and novelist. Fellow of the Royal Society of Literature

Corona Virus got you down. TP hoarders leaving you in the DUMPS. Well, if you are watching your toilet paper stash dwindle and are worried about your future ARSE wiping endeavors then you are in luck. The only thing worse than a bad case of Covid and TP hoarders are in this book. Well they will be once you buy it and fill it out. This prompt writing journal with every page asking for you to write about things you hate may be your mental salvation when thinking all has gone to CRAP. Have a special ex that you hate. Write their name down. Have a boss you despised put them in the SHITE pile. Who knows, if worse comes to worse you may find yourself tearing off a page and wiping your ARSE with your Boss. Of course Don't Flush it if you do. That would be too good for them. Throw them in the Trash where they belong. Now poop with ease knowing that your EX can finally kiss your ARSE. A great gag gift or potential BUT saver depending on what happens. At the end of the day this book may be the mental release you need to deal with a CRAPPY situation.

In 2004 I joined a writing group run by two lectures from The University of East Anglia. The result of which is my book The Green Leaves of Winter a collection of short stories and poems. The stories and poems are mostly humorous, serious, horrific with a strong sexual element. The inclusion of the poems breaks up the stories making the book a more interesting read. The stories range from bare fist fighting, naughty Nuns, Black Shuck the devil s dog, even god trying to make prettier bums for his angels, and a dog on trial trying to stop them removing his nuts ! Truly a strange story collection.

Get Off Your Arse and Lose Weight Hachette UK

A husband loses it all to his wife. After becoming financially dependent on his wife of ten years, the once macho Martin Kent finds himself forced to accept that not only has he been relegated to the role of dogsbody and flunkey but he will also have to come to terms with the fact his wife will be stepping outside of their marriage – with both sexes.

'Detective Inspector Helen Grace is one of the greatest heroes to come along in years' Jeffrey Deaver M J Arlidge's D I Helen Grace Ebook Bundle contains the following: Eeny Meeny Pop Goes the Weasel The Doll's House Liar Liar Little Boy Blue Hide and Seek PRAISE FOR M.J. ARLIDGE: 'Helen Grace is one of the greatest heroes to come along in years' JEFFERY DEAVER 'The new Jo Nesbo' JUDY FINNIGAN 'Fast paced and nailbitingly tense ... gripping' SUN 'DI Helen Grace is a genuinely fresh heroine ... MJ Arlidge weaves together a tapestry that chills to the bone' Daily Mail 'Chilling stuff' Fabulist 'A chilling read' My Weekly 'A grisly, gripping thriller' Sunday Mirror 'Gruesomely realistic, intriguing and relentless. Arlidge's fledgling army of fans is about to grow' Sunday Sport 'Eeny Meeny debuts one of the best new series detectives, Helen Grace. Determined, tough and damaged, she must unravel a terrifying riddle of a killer kidnapping victims in pairs. Mesmerizing!' Lisa Gardner 'Expertly pulled off. It has a devious premise. DI Helen Grace is fiendishly awesome. It's scary as all hell. And it has a full cast of realistically drawn, interesting characters that make the thing read like a bullet' Will Lavender

Take a journey through a life being put to death. Ride along with a serial killer as he tells all. Come inside and explore the darker side of your soul. As you ride along with beauty and brutality, love and lust, undying friendship and the art of death itself. You will have to come inside to find out for yourself. One thing is for sure, once you walk in his shoes, you will never be the same again. YOUR ESSENTIAL GUIDEBOOK FOR GROWING YOUR REAL ESTATE BUSINESS How To NOT Get Your ASS KICKED In The Real Estate Business shows you, the real estate agent, how to have a profitable business and a balanced life. Willie Miranda, Broker and Owner of Miranda Real Estate Group, Inc., combined his experience in the insurance business with solid real estate principles; resulting in a very successful and highly profitable real estate business. In this book, you will learn the importance of: essential lead generation pillars to maximize lead flow and consistent growth, proven operating systems and plans to help leverage time, money and people. How to become less of a Transactional Agent and more of a Career Agent as well as applying effective time management strategies for the high producing real estate agent. This book will also teach you how to take action, and grow personal relationships with clients. By implementing Willie's referral and real estate systems, you have the power to build

a more profitable repeat and referral business.

Among the coral outcrops of the island of Rota, lies the wreck of a Spanish galleon, the Santa Margarita - Spring 1601. This is a reconstruction of the Santa Margaritas disastrous last voyage, beset by an extraordinary sequence of typhoons and storms. Based on what little is known of the ships journey overloaded cargo, bad-blood amongst the crew and a curse we are told a story of greed, horror, deprivation and unimaginable hardship by the handful of survivors rescued from the wreck.

This remarkable new dictionary represents the first attempt in some four centuries to record the state of development of English as used across the entire Caribbean region.

'The Red Moment' is the debut novel by Sydney Mercer. An adventure thriller, set in an inexplicable SciFi world where Knights fight Disco Masters and if you're not careful someone may explode. Daisy Morales, having survived a childhood of torment, finds herself inflicted with the Red Moment: an overwhelming force that can only be subdued through murder. Wishing to protect the innocent from herself, Daisy joins the Threat Detection Agency and quickly finds herself facing off against the deadly and the bizarre until a threat larger than anything she can comprehend forces her to confront the darkness within and become one with the Red Moment... Or lose everyone she cares about.

In international bestselling author Campbell Armstrong's page-turning thriller, counterterrorism agent Frank Pagan races against the clock to defuse a confrontation with the Russians that might change the map of Europe Escorting a hard-drinking, fun-loving, probably-former-KGB Russian "envoy" to Edinburgh would appear to be one of the more relaxing jobs in Frank Pagan's career. But in the flash of a gunshot everything changes. Now Frank's got a Russian official with a bullet lodged in his heart, his bosses at Scotland Yard wondering if Frank missed a step, and countless politicians and secret service agencies screaming bloody murder. With spies from the KGB, MI6, and the CIA dogging his every move, Pagan has to find the men behind the deadly shooting. From the Baltic émigré community, where he meets a beautiful woman who might provide answers, to the United States to the Soviet Union, Pagan unravels a chilling plot that will have devastating worldwide repercussions. Mazurka is the 2nd book in the Frank Pagan Novels, but you may enjoy reading the series in any order.

With a direct, bold and sometimes irreverent style, Health Coach and Personal Trainer Scott Graham challenges you to get rid of your riding lawnmower and practice what he calls "fitness mowing". Persuasively written and interspersed with engaging anecdotes from the author's own experience, this book will entertain and motivate you to push your way to better health and fitness.

The brand new adventure in the USA Today bestselling CSI Reilly Steel series. Forensic mystery series for fans of Patricia Cornwell, Lisa Gardner, Kathy Reichs, Karin Slaughter, or TV shows CSI and Criminal Minds. When the body of a teenager is found beaten to death in his own bedroom, and a girl attending a party held at his house reports an attempted sexual attack the night before, the Dublin police immediately suspect both incidents are related. But when a sweep of the crime scene throws up some truly puzzling forensic evidence, CSI Reilly Steel wonders if those initial suspicions are correct. And as the investigation deepens, and her GFU team begins to delve into the online lives of both teenage victims, even more questions are raised. Can Reilly help the investigators discover the truth about what actually happened on the night of the party? Or is she too distracted by personal issues, namely the visit of an old friend from the US...

Christy Moore is in every sense Ireland's folk hero. Mentor to a whole generation of Irish musicians, he holds a unique place in musical history. In 1992 he broke all attendance records during 12 packed nights at the Point in Dublin. In the UK he fills concert halls around the country. In 1997 he announced that he was taking an extended break from touring and recording. It was headline news in Ireland. So was his comeback which began in 1999. Set to be an enormous best-seller, his autobiography marries both songs and memories. Around 250 of his favourite lyrics are accompanied by his memories around the song itself and his life. Each entry is fresh, direct, honest and spontaneous - like the most intimate diary. Through it he charts his life from drunk to sober, bar-room guitar player to international singer-songwriter.

Are you looking for an upbeat, enthusiastic fitness book offering inspirational advice about exercise and explaining just how easy, fun, and rewarding it is to get fit? That's unfortunate! Because you won't find any of that stuff here. Based on the blog Cranky Fitness, this ebook offers realistic, practical advice on how to get fit, lean, and fierce. It also includes obscenities, whining, opinionated tirades, and advice that could either be extremely useful or could result in an untimely death. Bonus: there are bullet points and photos that break up solid blocks of text quite nicely so that you can make your way through it quickly! You might accidentally learn a few things whether you meant to or not. Cranky Fitness: Exercise Your Ass Off is not for everyone. There are words that have several syllables, research studies that have numbers in them, and exercise tips that require more than ten minutes and don't even guarantee instant flat abs or buns of titanium. The book was written for people who know that getting fit is crucial for health, both physical and mental, yet who are also aware that sometimes virtuous pursuits require effort, creativity, patience, and cursing. This ebook includes advice on getting fit, some specifics about various activities you might want to pursue, a bit of motivation and inspiration, and a few advanced tweaks and tips. It is the first in a series of ebooks that promises to be every bit as weird as this first installment. Only for the few, the proud, the brave, and the cranky.

A thriller from the author of Nurtured Evil.

Love and Darvin have been friends long before either boy could walk. Living together in the slums of Murfreesboro, North Carolina, the two boys have shared everything for as long as they could remember, including the secret of their budding romance. However, the secrets that the adults in their respectful families may be hiding from them may be enough to break the boys' bond forever. In this emotional tale of sex, betrayal, and deception, one twist of events after the other threatens to tear the teens apart, but they continually fight to be together, even through resentment of one another's social rank, physical violence, and the loss of loved ones along their journey to paradise.

On 24 November 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. Ricky Hatton: War and Peace is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace.

A missing royal. A love triangle. Can Maxine crack the case before her heart is ripped in two? Maxine Brodeur has spent the past year recovering from a devastating breakup with Prince Arthur -- the realm's future king. She's kept a low profile as a half-human/half-demon, spending her days running "Doomed Cases," a private supernatural agency. After illegally revealing her powers to save a human girl from attack, she gets an ominous letter bearing the royal seal. Rather than being punished, Maxine is hired to find the young, kidnapped Prince George. Back in the secretive life of the royals, she must learn to work alongside sexy detective Zachary Quinton. Her new partner has no respect for the rules, and her ex-lover Arthur is doing everything he can to win her back. Will Maxine find the missing prince quickly or will she cause another royal scandal in the process? Demonic Triangle is a paranormal romance with a dash of suspense. If you like witty dialogue, strong but flawed female leads, and dramatic love triangles, then you'll love the first instalment in the Doomed Cases series by Joanna

Mazurkiewicz. Paranormal Romance, royals, demons, witches, wizards, vampires, magic.

Met alle wildgroei aan inspirerende zelfhulpboeken is het Jen Sincero gelukt om een verfrissend, goudeerlijk boek te schrijven waarin ze je met hilarische en inspirerende verhalen levensveranderende inzichten geeft. In hoofdstukken als 'Je brein is je bitch', 'Angst is voor losers' en 'Het was de schuld van mijn onderbewustzijn' neemt Sincero je mee op een transformerende tour. Ze laat je zien hoe je je financiën, relaties en carrière een boost geeft en eigenlijk alle geweldige dingen kunt krijgen waar je naar verlangt. Ben je bang om gezien te worden met een zelfhulpboek? Geen zorgen. Sincero was aanvankelijk ook een scepticus en heeft daarom dit boek geschreven met alleen de beste adviezen zonder een new age-sausje. Na het lezen van dit boek ben je een badass, ken je jezelf en snap je waarom je dingen doet, weet je te houden van de dingen die je niet kunt veranderen en de dingen te veranderen waar je niet van houdt, en hoe je het leven gaat krijgen waar je vroeger altijd jaloers op was.

Harlequin Medical Romance brings you a collection of three new titles, available now! Enjoy these stories packed with pulse-racing romance and heart-racing medical drama. This Harlequin Medical Romance box set includes: **SAVED BY THEIR ONE-NIGHT BABY SOS Docs** by Louisa George Life's taught doctor Ethan to keep everyone at arm's length, but nurse Claire's baby bombshell is about to change everything! **REDEEMING HER BROODING SURGEON SOS Docs** by Sue MacKay Can one passionate kiss with stunning ex-army doc Kristina Morton save Chase Barrington from the past he's still haunted by? **A NURSE TO TAME THE ER DOC** by Janice Lynn Her deep, unexpected bond with sexy playboy Dr. Jack Morgan is tempting Taylor Hall to fight for a second chance at forever.

From the bestselling author of *Going Gently* and the hugely successful autobiography *I Didn't Get Where I Am Today*. Born into poverty, saddled with a born loser and parrot-strangler for a dad, short sighted and ungainly, young Henry Pratt doesn't exactly have a head start in life. But in David Nobbs's brilliantly funny evocation of a Yorkshire boyhood, unathletic and over-imaginative little Pratt proves he can stick up for himself with the stoic good nature of the great British underdog

A motivational smack in the face! "Beneath the bluff exterior of the self-styled "fat bloke from Manchester" is a shrewd business brain." The Times "...a northern Anthony Robbins!" Theo Paphitis Brad Burton, once a regular in the dole queue, burdened with unbearable levels of debt, is now the MD of a multi-million pound international business. If anyone knows about sorting your life out, it's Brad. But this isn't Brad's story – this is about YOU. Brad is here to share practical, actionable steps – stuff you can actually do – to improve your life, both at home and in business. He's learnt exactly how to motivate yourself, focus on your passion, face setbacks and keep on moving forward – and now Brad wants to share these lessons with as many people as possible. We all have it in us to improve our lives and succeed – we just need a friendly kick in the pants from Brad! Chapters include: If your only motivation is money it's not enough 2 year plan. Forget it. More like 2 week plan No passion. No point Buy my stuff Eject. Eject. Eject. Ignore. Ignore. Ignore

In a humorous memoir, the actress explores the American obsession with food, fat, sex, love, beauty, and weight as she recounts her own battle with the bulge and reflects on what it means to be overweight in a skinny-obsessed world.

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