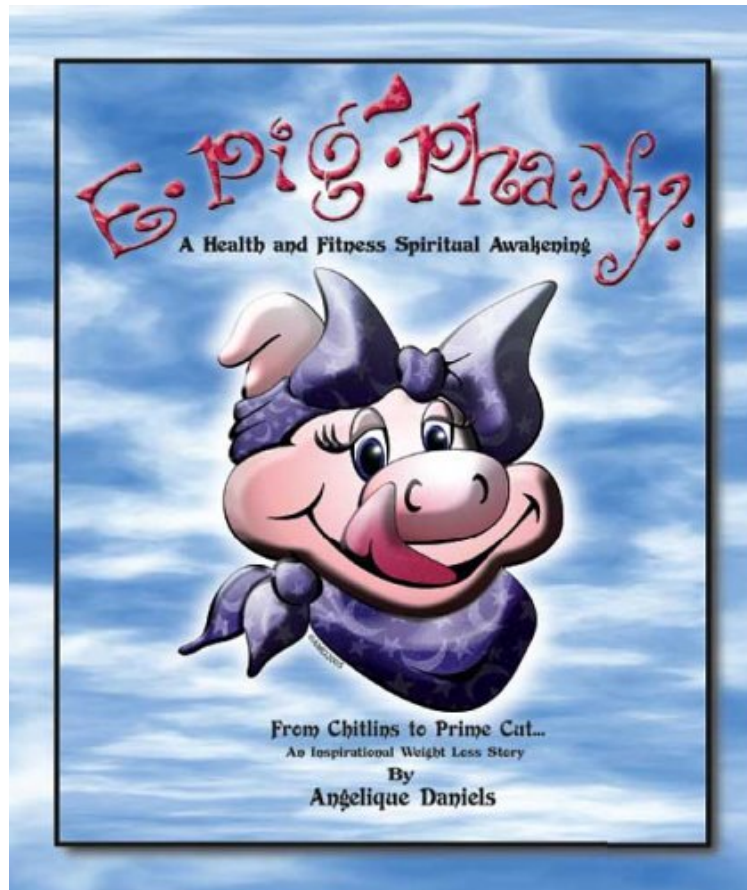


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Epigphany: A Health and Fitness Spiritual Awakening---from Chitlins to Prime Cut

Angelique Daniels

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1 of 1 people found the following review helpful. Clear and Concise.By Diane PrattThere is no ambiguity here. Just an honest, humble, hilarious account of weight gain and weight loss. A quick read with delightful humor, suitable for any age group and gender.

Epigphany: A Health and Fitness Spiritual Awakening---from Chitlins to Prime Cut This book takes you on a weight loss journey through ten dress sizes and over 60 pounds!! The inspirational book tells you how she did it. It is a humorous, quick, easy read, with each chapter having a PIG reference. Chapter one starts with the Piglet stage followed by The Sow I was, Scrambled Pig Brains, The Epigphany, The Butcher, Pig Latin, Chitlins to Prime Cut, The

Big Bad Wolves and finishing with Pork and Beans. The book tells you why diets don't work and gives you tips on what foods and vitamins promote weight loss.