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This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank, proud fat girl and personal trainer, understands the physical and emotional roadblocks that overweight women face in the word of exercise.

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The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts Hanne Blank Posted on August 30, 2016 September 3, 2016 by Jenny Bruso The idea of exercise has gotten completely screwed up.

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The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts Quotes (showing 1-12 of 12) You have the right to not have to constantly manage how you look for other people's sake. You aren't here to decorate the world for other people.

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Hanne Blank is most definitely "unapologetic." One of her earlier books was Big Big Love: A Sex and Relationships Guide for People of Size (and Those Who Love Them). In

The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts her premise is that "the culture we live in is so hateful and abusive to