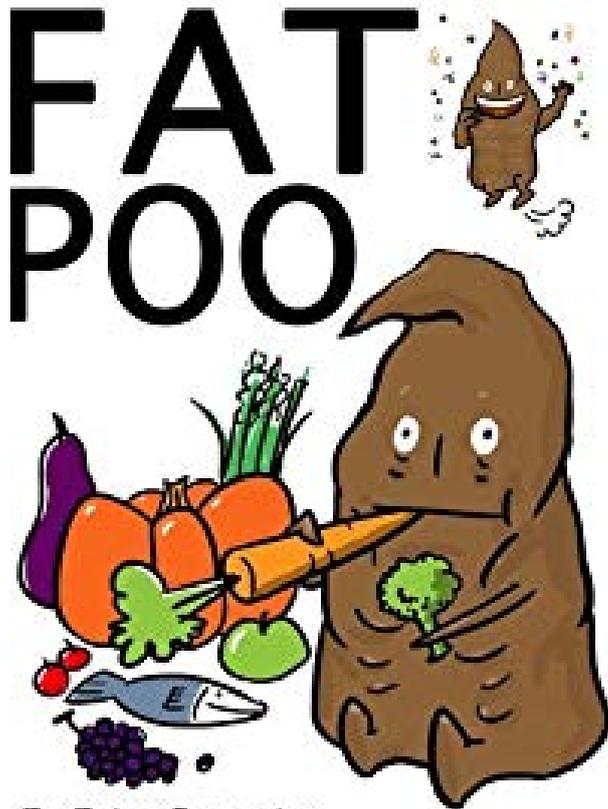


Fat Poo



By Peter Crumpton

Author:	Peter Crumpton
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[Fat Poo.pdf](#)

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Fat Poo tells the inspirational tale of an overweight boy who become healthy through hard work and determination. Fat Poo is told in a series of captivating satirical images in the form of a Poo. Yes, that's right, a Real Poo! "This is one of those books you get for the fun factor, even though this book has a good on at it's heart. No one wants to be fat not even Mr. Poo. Brilliant story idea!" - User Review "This is a silly and fun take on the journey to combat obesity and becoming healthy. The author has a good sense of humour and the artwork is really cute & makes you smile." - Le Bandy, Reviewer The Real Fat Poo - About The Author in his own words As a teenager I was extremely overweight. I grew up in a Takeaway Roadhouse in Tasmania, Australia. Constantly I would stuff myself full of deep fried food, ice cream and sugary drinks on a daily basis. At my biggest was 110 Kgs which is massive considering I am only 170cm on a good day.

Kids would call me "Fat S%#*" amongst other things, hence the title Fat Poo. When I turned 18 I left home running away to Sydney - 2000 Kilometres from Tasmania. Combining a harsh diet of starvation with excessive cardio I lost a huge 53kgs in a short period of time. Hooray!..... No Hooray. I didn't know it but I was living a recurring cycle of eating disorders. Throughout my twenties I kept the weight off dangerously - while simultaneously spiralling into a state of depression inspired mood swings. After many lost jobs, failed relationships and destroyed friendships I realised that a new healthy lifestyle was needed to maintain my sanity - let alone those few left around me. I succeeded through educating myself on healthy eating and exercise. Fifteen years later I returned to Tasmania to tell my story. "Fat Poo" is my satirical inspiring tale of

how I went from obesity, lost weight the wrong way, alienated all those around me, and eventually taught myself and implemented the skills on how to lead a healthy fulfilling lifestyle. Enjoy my journey. - Peter Crumpton, Author.