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Fat Poo: How a Boy Lost Weight... Told as a Poo. (the Fat Poo series Book 1)

Peter Crumpton

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Fat Poo tells the inspirational 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 lesson 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.

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From reader reviews:

Vicki Allen:

The book Fat Poo: How a Boy Lost Weight... Told as a Poo. (the Fat Poo series Book 1) can give more knowledge and information about everything you want. Why must we leave a very important thing like a book Fat Poo: How a Boy Lost Weight... Told as a Poo. (the Fat Poo series Book 1)? Several of you have a different opinion about guide. But one aim that will book can give many facts for us. It is absolutely suitable. Right now, try to closer together with your book. Knowledge or information that you take for that, you could give for each other; you could share all of these. Book Fat Poo: How a Boy Lost Weight... Told as a Poo. (the Fat Poo series Book 1) has simple shape but you know: it has great and big function for you. You can search the enormous world by start and read a book. So it is very wonderful.

Deborah Brantley:

Reading a book being new life style in this season; every people loves to read a book. When you read a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, since book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you would like get information about your research, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, and also soon. The Fat Poo: How a Boy Lost Weight... Told as a Poo. (the Fat Poo series Book 1) offer you a new experience in examining a book.

Ernest Poole:

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