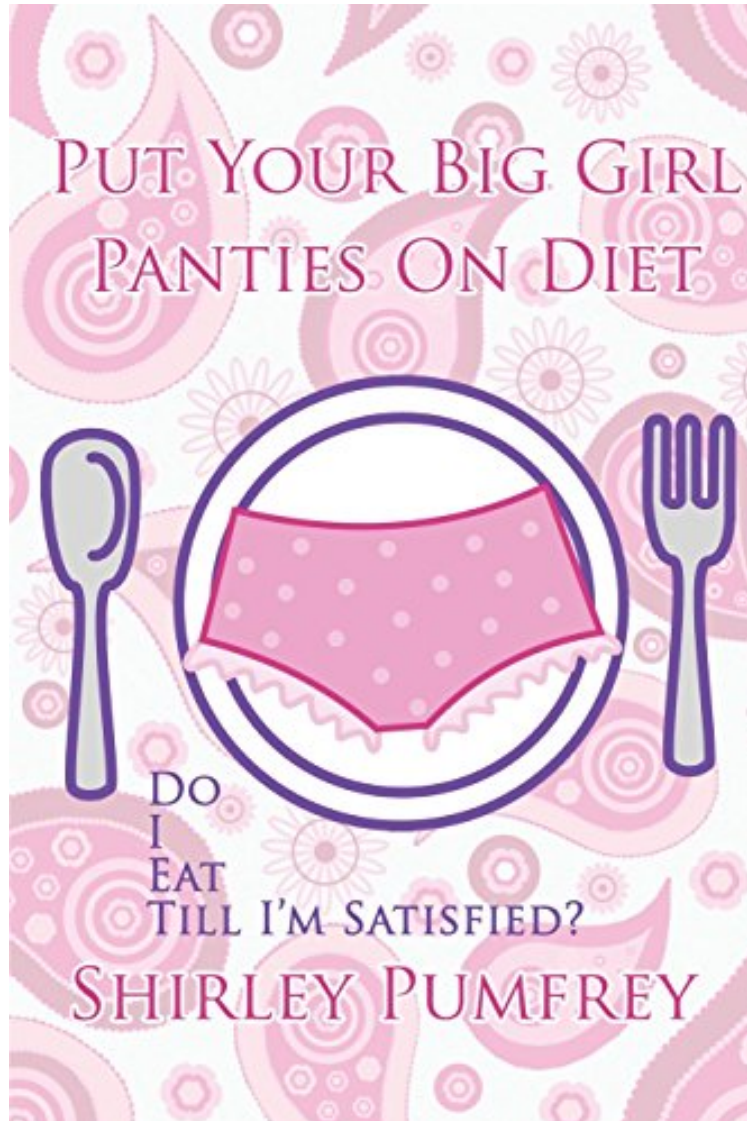


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Put Your Big Girl Panties On Diet

Shirley Pumfrey

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Shirley Pumfrey : Put Your Big Girl Panties On Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Put Your Big Girl Panties On Diet:

In my book I tell about how diets are like pushing an elephant up a hill. I associated diets to underwear. The good and the bad about diets. I collected a lot of sayings to go along with the diets and life problems. Shirley Pumfrey has

worked in a factory her entire life. Her family comes first, then her job. Sometimes she would like to keep her dog, Doc, and get rid of her husband. Being married for more than 35 years is more like a test for her. Sometimes she doesn't understand how her husband has put up with her for so long. Some days she can barely stand herself! Shirley and her husband enjoy antiques. Cheap antiques that is! Some of her friends say they have a house from the 70's, but looks like a museum. Shirley's first book, Kripe I'm Petered, is available for you to purchase. She has several other manuscripts coming soon to share!