

# Download Fat Dad Fat Kid One Father And Sons Journey To Take Power Away From The Fword

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Fat Dad Fat Kid: One Father and Son's Journey to Take Power Away from the F-Word Read Online

Fat Dad, Fat Kid was written by the father-son duo Shay and Gavin Butler, better known as two members of the Shaytards, Youtube's "Royal Family". I've been a follower of the Shaytards for years and have seen Gavin grow from a young boy in the earliest blogs to a teenager. So I was excited when Shay announced that he would be writing a book.

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Fat Dad, Fat Kid Day 1 Saying the "F-Word" THE FIRST THING Gavin and I did for our challenge was weigh in. My view is that your weight is just a number on a scale, and a number on a little device that sits on the bathroom floor doesn't matter nearly as much as how you feel and whether you can do things like dirt bike and Frisbee golf. But it is one way to measure progress and changes in your body.

The item Fat dad, fat kid : one father and son's journey to take power away from the "F-word", Shay Butler and Gavin Butler represents a specific, individual, material embodiment of a distinct intellectual or artistic creation found in Randwick City Library.

Full of Shay's signature blend of humor, honesty, and unbridled enthusiasm, Fat Dad, Fat Kid chronicles the ups and downs of Shay and Gavin's thirty days together, reflects on Shay's lifelong struggle with health and fitness, and proves that it's never too late for parents or children to embrace a healthier lifestyle—even when it doesn't come easy.

A father-son weight-loss memoir from YouTube star and entrepreneur Shay Carl and his son, Gavin Butler, to be published by Keywords Press, a brand-new imprint under Simon & Schuster dedicated to today's digital stars.

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In today's world where fast-food restaurants, soda, and processed foods reign supreme, does fat dad have to mean fat kid ? Digital entrepreneur and beloved vlogger Shay Butler and his preteen son, Gavin, decided to find out the answer for themselves.

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