



## Quit Digging Your Grave with a Knife and Fork

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By Mike Huckabee

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Quit Digging Your Grave with a Knife and Fork, Mike Huckabee, In QUIT DIGGING YOUR GRAVE WITH A KNIFE AND FORK, a leaner, fitter Governor Mike Huckabee motivates readers to better health. With his new 12 "Stop" program, he encourages people to break free from the destructive habits that threaten their health and self-esteem. According to Huckabee, focusing solely on weight loss usually leads to failure, and attention to total body health is the only way to truly succeed. Filled with Huckabee's realistic lifestyle changes, practical fitness approach, and southern humor, QUIT DIGGING YOUR GRAVE WITH A KNIFE AND FORK motivates readers to take action and realize fitness is not a fad, it's forever.



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