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*Angelique Daniels*

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**Epiphany: A Health and Fitness Spiritual Awakening---from Chitlins to Prime Cut** Angelique Daniels  
Epiphany: A Health and Fitness Spiritual Awakening---from Chitlins to Prime Cut

This book takes you on a weight loss journey through ten dress sizes and over 60 pounds!! The inspirational book tells you how she did it. It is a humorous, quick, easy read, with each chapter having a PIG reference. Chapter one starts with the Piglet stage followed by The Sow I was, Scrambled Pig Brains, The Epiphany, The Butcher, Pig Latin, Chitlins to Prime Cut, The Big Bad Wolves and finishing with Pork and Beans. The book tells you why diets don't work and gives you tips on what foods and vitamins promote weight loss.

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