

A NOTE FROM JEN LANCASTER: To whom the fat rolls...Im tired of books where a self-loathing heroine is teased to the point where she starves herself skinny in hopes of a fabulous new life. And I hate the message that women cant possibly be happy until we all fit into our skinny jeans. I dont find these stories uplifting; they make me want to hug these women and take them out for fizzy champagne drinks and cheesecake and explain to them that until they figure out their insides, their outsides dont matter. Unfortunately, being overweight isnt simply a societal issue that can be fixed with a dose healthy of positive self-esteem. It's a health matter, and here on the eve of my fortieth year, Ive learned I have to make changes so I dont, you know, die. Because what good is finally being able to afford a pedicure if I lose a foot to adult onset diabetes? Watch a QuickTime trailer for this book.

Angels In Italy: A True Story of a Cancer Survivor, Chok LYisrael: Leviticus I [Hebrew-English Edition] (Volume 5), Antenna Theory: Analysis and Design, 3rd Edition, Dare to Dream ... Then Do It: What Successful People Know and Do, The Art of My Neighbor Totoro: A Film by Hayao Miyazaki, Two Holy Grounds, Single, Married, Separated, and Life After Divorce (Spanish Edition), Love and Freedom, El Sutra del Loto Blanco de la Ley Mistica (Spanish Edition),

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