

Secrets of a Former Fat Girl

Lisa Delaney

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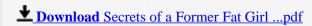
Secrets of a Former Fat Girl Lisa Delaney

An inspiring account of one woman?s mission to lose six dress sizes and change her life for good

For Lisa Delaney, being a ?fat girl? wasn?t just a matter of weight, it was a state of mind. At one hundred eighty-five pounds, she was despondent over diets that never worked and disappointed by her dull job and lack of a love life?until a late-night epiphany involving a half-gallon of ice cream convinced her that becoming a *former* fat girl, in body and spirit, was the key to creating a life she truly loved.

Today, seventy pounds lighter, Lisa is a successful writer at a national magazine. She is married to a man she loves. And she wears a size *two*.

Eye-opening, accessible, and filled with practical advice, this book reveals the seven secrets of Delaney?s success, and explores how shifting from ?wannabe Former Fat Girl? to actual Former Fat Girl is as much about seeing yourself as a confident, desirable woman as it is about achieving an ideal weight.



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Mark Bottoms:

The book Secrets of a Former Fat Girl has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. This articles author makes some research previous to write this book. This specific book very easy to read you may get the point easily after scanning this book.

Michael Greene:

The reason why? Because this Secrets of a Former Fat Girl is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So, it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking means. So, still want to hold off having that book? If I had been you I will go to the guide store hurriedly.

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