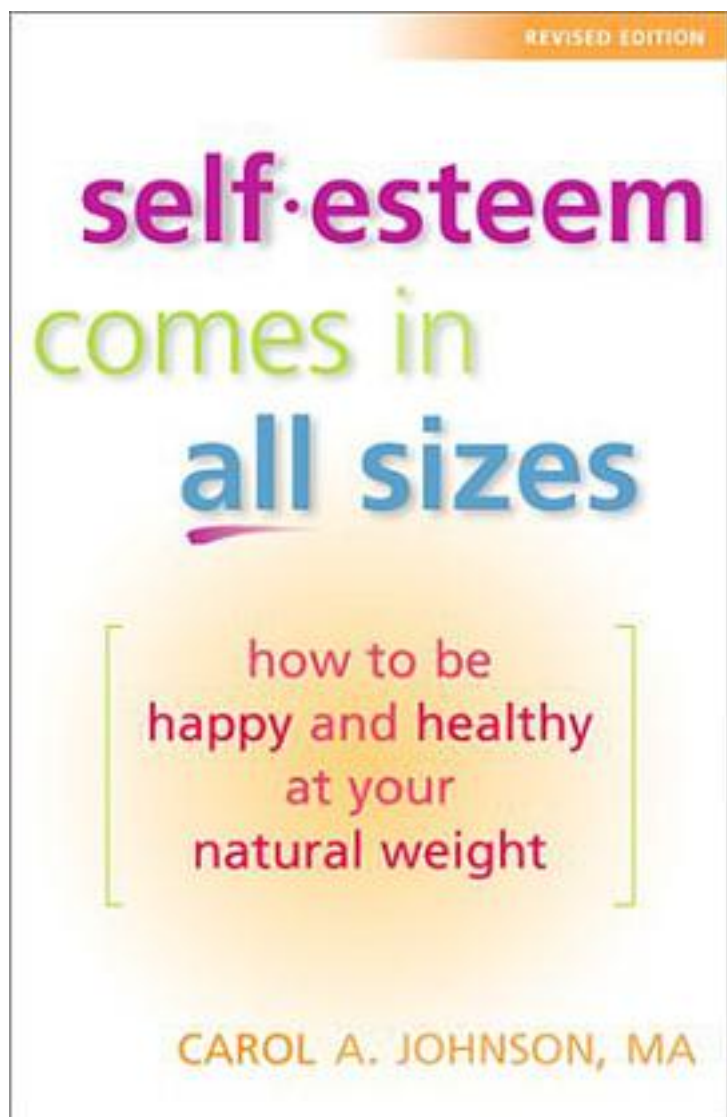


# Self-Esteem Comes in All Sizes



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No more diets! Be happy and healthy at your natural weight! In this completely revised and updated edition of her popular book, Carol Johnson reaffirms her passionate message: you can love yourself and enjoy life no matter what your size! A self-proclaimed "ambassador-at-large," she is positive and encouraging for anyone who is tired of weighing their self-esteem on a scale. Put on your "live-for-today" watch and "stand-on-your-own-two-feet" shoes and enjoy this book! Find out:

- o The real reasons diets don't work
- o Why weight prejudice hurts everyone, fat or thin
- o How to feel attractive and sexy at your natural weight
- o How to create your own definition of beauty – in a big way
- o How to change the goal from thin to healthy

作者介绍:

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