

Breaking All the Rules



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From Publishers Weekly The unstated theme of this British import is "Big Is Beautiful." Journalist/actress Roberts writes about coming to terms with her hefty size, making her weight an integral facet of her personality. Her affecting story of failed dieting and embarrassment at her appearance is leavened with humor and sensitivity. Overweight women, as well as those concerned about their appearance for other reasons, will be assured by the author's attitude toward her own looks and by her advice on exercise and dress (in photos here she models bright, flamboyant clothing colors and styles usually reserved for thinner women and she looks great). Roberts discusses beauty standards and society's current obsession with thinness, and she includes statements from other large women, offering beauty hints and morale boosters. Her encouraging words urge readers to "accept" so that they can feel positive about

themselves. JanuaryCopyright 1985 Reed Business Information, Inc. From Library Journal Pointing out that 95 percent of all dieters gain back all the weight they lose, Rob erts discusses compulsive eating, its causes and effects, and how to control it, with insight born of experience. She had the courage to get off the diet treadmill and accept herself, and that helped to neutralize the compulsions that made her binge. The best part of the book, however, is its fabulous fashion guide. Larger women can carry any fashion style from tailored to fantasy and look smashing, as the photos featuring Rob erts and her friends prove. She even provides patterns for clothing and sweaters. An ego booster for any woman who has ever felt dissatisfied with her body. Susan B Hagloch, Tuscarawas Cty. P.L., New Philadelphia, OhioCopyright 1986 Reed Business Information, Inc.

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