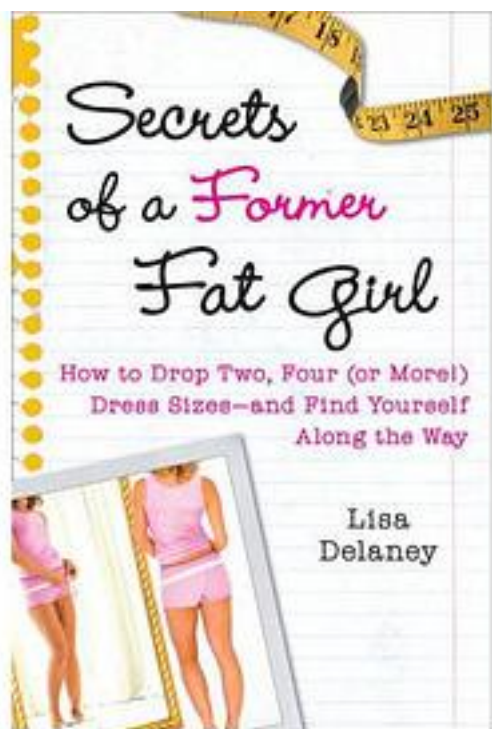


# Secrets of a Former Fat Girl



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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 a “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.

作者介绍:

目录:

[Secrets of a Former Fat Girl\\_下载链接1](#)

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