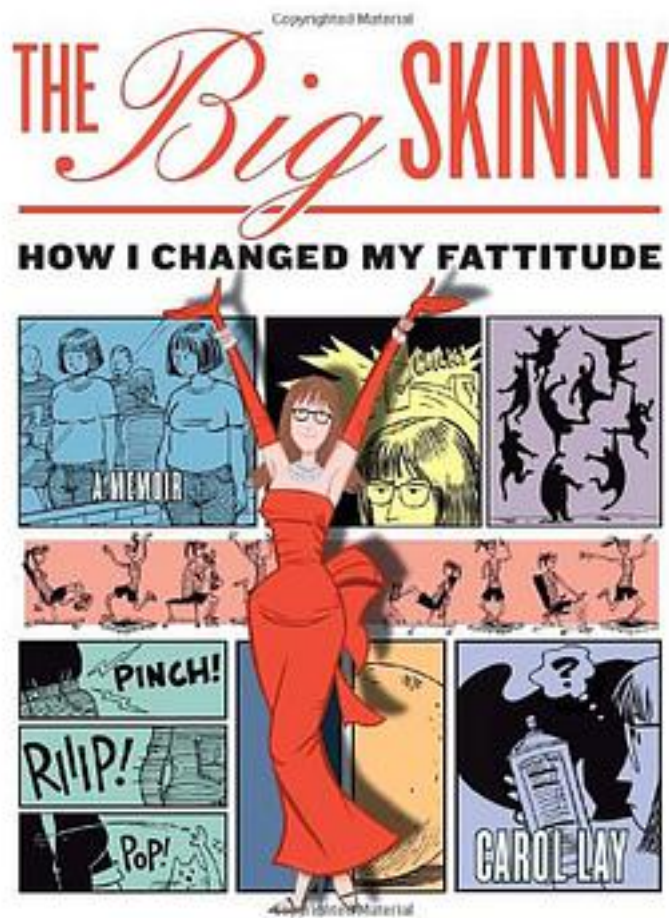


The Big Skinny



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著者:Lay, Carol

出版者:

出版时间:2008-12

装帧:

isbn:9780345504043

Here's the skinny: After a lifetime of yo-yo dieting with pills, hypnosis, and ill-informed half-measures, Carol Lay finally shed her excess pounds and kept them off. Now this California cartoonist shares her experiences in a funny, genuine, and eye-popping

graphic memoir that tells Carol’ s story and shows you how you can do it, too.

作者介绍:

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标签

评论

谢谢，看瘦了（真的

已经不能算是严格意义上的图像小说了，指南类书籍……文字写着自己206斤，配图却依然看不出臃肿，50多岁画得像20岁，看着有种强烈的违和感……= =

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书评

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