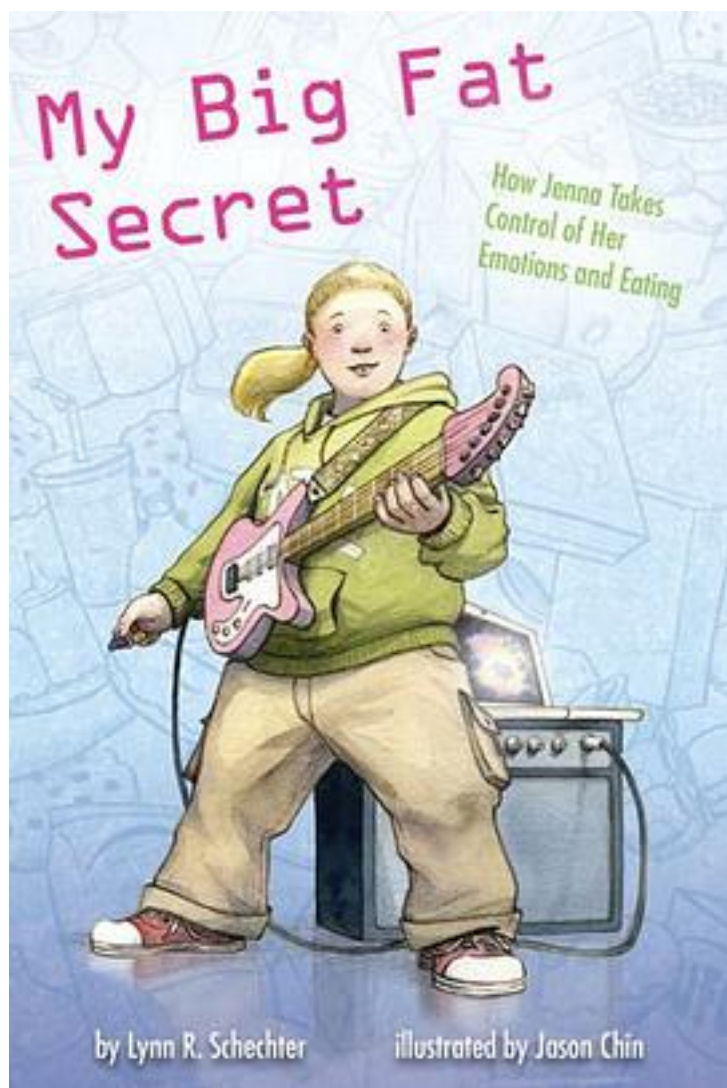


# My Big Fat Secret



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With the help of her good friends, family, teachers, and counselor, Jenna learns how to take control of her emotional eating and feel better about herself. Through a series of e-mails between Jenna and her family and friends, readers see Jenna learn how to create an action plan to stop overeating, deal with her emotions, take better care of her body and mind, and feel like her rocking 12-year old self again

作者介绍:

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