



Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

By Lisa Delaney

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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 "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.

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Editorial Review

From Publishers Weekly

Despite her lack of medical credentials, "Former Fat Girl" Delaney (a freelance journalist currently writing for *Health* magazine) is convincing simply because she has not only lost weight but has kept it off. She has figured out how to go from size 16 to size 2 jeans and maintain a healthy, slim figure for decades. Instead of talking diets, Delaney focuses on motivation. It's essential to feel like you have control over your life; you have to believe you can change, she insists. After talking about the Jazzercise class that first gave her that "I can" feeling, Delaney offers some practical advice so readers can go beyond losing weight to realizing a better self-image. Keep your new eating/exercising regimen a secret, she advises, as family and friends may be surprisingly resistant to your changes. Be firm and exclude foods or situations you know you can't handle. Visualize the life you want for yourself. Even if her advice is not terribly new, Delaney mixes optimism and realism in such manageable proportions, she may give readers just the boost they need. (*Apr.*)
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Review

"Realistic, smart, and exquisitely funny tips for . . . keeping the weight off for good."

—*The Seattle Times*

"Working in an industry that is obsessed with size, it is refreshing to read a witty, true story about weight loss and managing a healthy lifestyle."

—Nigel Barker, *America's Next Top Model*

About the Author

Lisa Delaney is an award-winning magazine writer, editor, and currently special-projects director at *Health* magazine. She has written for *Prevention*, *Vogue*, *Men's Health*, *Men's Journal*, and *Reader's Digest*.

Users Review

From reader reviews:

Orlando Hernandez:

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Virginia Combs:

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Tony Valdez:

A lot of people always spent their free time to vacation or even go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book provides high quality.

Michael Marchant:

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