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Secrets of a Former Fat Girl Lisa Delaney, 2008-02-26 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

6-Week Body Transformation Anna Diamond, 2024-12-08 **The Shape We're In** Sarah Boseley, 2014-06-24 This demonization of the overweight by the media and politicians is unrelenting Sarah Boseley the Guardian's award winning health editor argues it's time we understood the complex reality of what makes us fat Speaking to behavioural scientists and industry experts yo yo dieters and people who have gone under the knife Boseley builds a picture of an obesogenic society one where we're constantly bombarded by the twin evils of big budget food marketing and the diet industry Filled with in depth original reporting Boseley reveals just how widespread the problem is 1 in 4 of us are obese and makes the case that it is time to fundamentally change the way we live *The Shape We're In* is essential reading for anyone interested in their health and the health of their children

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