



Do I Look Fat in This?: Life Doesn't Begin Five Pounds from Now

Jessica Weiner

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For any woman who has bonded with a stranger by complaining about how fat she feels, here is a thoughtful and inspiring guide to breaking the cycle of body criticism and creating a powerful and healthy self-image.

Let's face it, you're tired of dieting. You hate counting calories and carbs and fat grams. You're sick of the pressure to work out three times a week. Bottom line: You're tired of feeling fat.

But here's the thing: Fat is not a feeling. Happy, angry, sad -- those are feelings. When you say you feel fat, chances are you mean something else. And when you ask someone if you look fat, you're probably asking, "Am I good enough?"

Whether you're a size 2, 12, or 22, it's considered normal to hate your body. Society practically encourages it. But this discontent is really just a way of masking deeper issues such as insecurity, low self-esteem, or a longing for love and acceptance. By focusing on what others tell you are your shortcomings, you miss countless opportunities to feel connected, sexy, and powerful.

Do I Look Fat in This? brings good news: Life doesn't begin five pounds from now. In this book, acclaimed author and speaker Jessica Weiner provides real solutions to real problems, from surviving a closet meltdown when you can't find anything to wear, to how to cope with being bombarded by images of perfect-looking models.

With quizzes, guides, tools, and tips, *Do I Look Fat in This?* offers a step-by-step plan for creating a more fulfilling and positive life. You'll feel better about your job, your relationship, your family, your friends -- and most important, yourself.

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From reader reviews:

Alma Miranda:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a walk, shopping, or went to the Mall. How about open or maybe read a book eligible Do I Look Fat in This?: Life Doesn't Begin Five Pounds from Now? Maybe it is for being best activity for you. You realize beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have some other opinion?

Pamela Prince:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Do I Look Fat in This?: Life Doesn't Begin Five Pounds from Now can be great book to read. May be it might be best activity to you.

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