



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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