



The Weight-Loss Diaries

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From *Shape* magazine's popular "Weight-Loss Diary" columnist comes a hilarious, sometimes heartwrenching look at the daily struggle of dieting

In this frank and funny book, Courtney Rubin shares what she learned about dieting--and herself--in more than two years of chronicling her battle to keep food from consuming her life. As engaging as her famous column, *The Weight-Loss Diaries* is part memoir, part how-to, and always entertaining.

An honest and brave account of what it feels like, day in and day out, often year in and year out, to try to lose a significant amount of weight, *The Weight-Loss Diaries* is:

- An unashamed tale of binges, fashion fiascos, setbacks, and ultimate success
- A light-hearted, laugh-out-loud look at the most ridiculous excuses for ending or cheating on a diet
- A no-holds-barred account of the author's dark days of flirting with eating disorders and constantly calculating and recalculating calories

With insight, humor, and courage, Rubin explores diet and food issues, as well as her self-sabotaging habits during dieting, in ways that everyone struggling with weight loss will find both instructive and inspiring.

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From reader reviews:

Mary Gines:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? 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 that's look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day long to reading a e-book. The book The Weight-Loss Diaries it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book features high quality.

Carolyn Robles:

Reading a book for being new life style in this calendar year; every people loves to go through a book. When you read a book you can get a lots of benefit. When you read ebooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. In order to get information about your analysis, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, in addition to soon. The The Weight-Loss Diaries provide you with a new experience in examining a book.

Susan Gaier:

Many people spending their time frame by playing outside with friends, fun activity with family or just watching TV all day long. You can have new activity to spend your whole day by looking at a book. Ugh, do you consider reading a book can really hard because you have to bring the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Smart phone. Like The Weight-Loss Diaries which is keeping the e-book version. So , why not try out this book? Let's find.

Vincent Mickens:

As we know that book is vital thing to add our expertise for everything. By a publication we can know everything we want. A book is a group of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This reserve The Weight-Loss Diaries was filled with regards to science. Spend your spare time to add your knowledge about your technology competence. Some people has various feel when they reading some sort of book. If you know how big good thing about a book, you can truly feel enjoy to read a reserve. In the modern era like at this point, many ways to get book that you wanted.

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