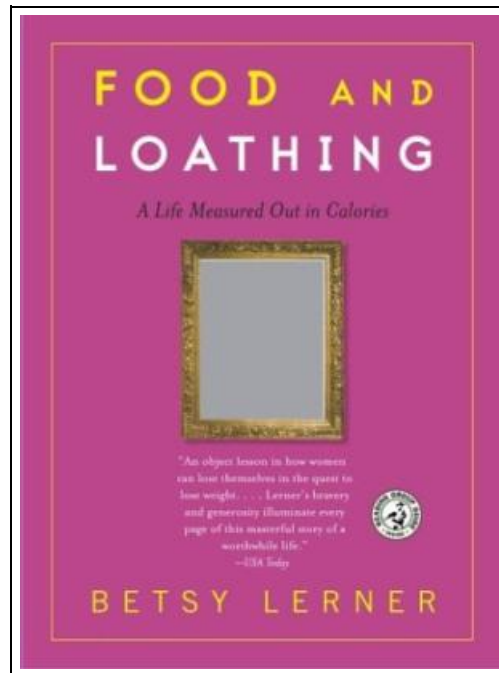


Food and Loathing: A Life Measured Out in Calories



Filesize: 8.96 MB

Reviews

Merely no words and phrases to explain. I was able to comprehend almost everything out of this created e publication. I am quickly will get a satisfaction of studying a created ebook.

(Cleta Doyle)

FOOD AND LOATHING: A LIFE MEASURED OUT IN CALORIES

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SIMON SCHUSTER, United States, 2004. Paperback. Book Condition: New. Reprint. 175 x 127 mm. Language: English . Brand New Book. With warmth, wit, and not a trace of self-pity (Entertainment Weekly), Betsy Lerner details her twenty-year struggle with depression and compulsive eating in Food and Loathing, a book that dares to expose the insidious nature of women s secret life with food. Alternating between hilarious and heartbreaking (People), Food and Loathing gives voice to one of the last taboo subjects and greatest stigmas of our time: being overweight. Lerner s revelations on the cult of thinness -- from the dreaded weigh-in at junior high gym class to the effects of inhaling Pepperidge Farm Goldfish at Olympic speeds -- are universally resonant, as is her belief that this is one battle no one should fight alone. Essential reading for anyone who has ever wielded a fork in despair or calculated her self-worth on the morning scale, Lerner s lament is a triumph (Publishers Weekly).

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