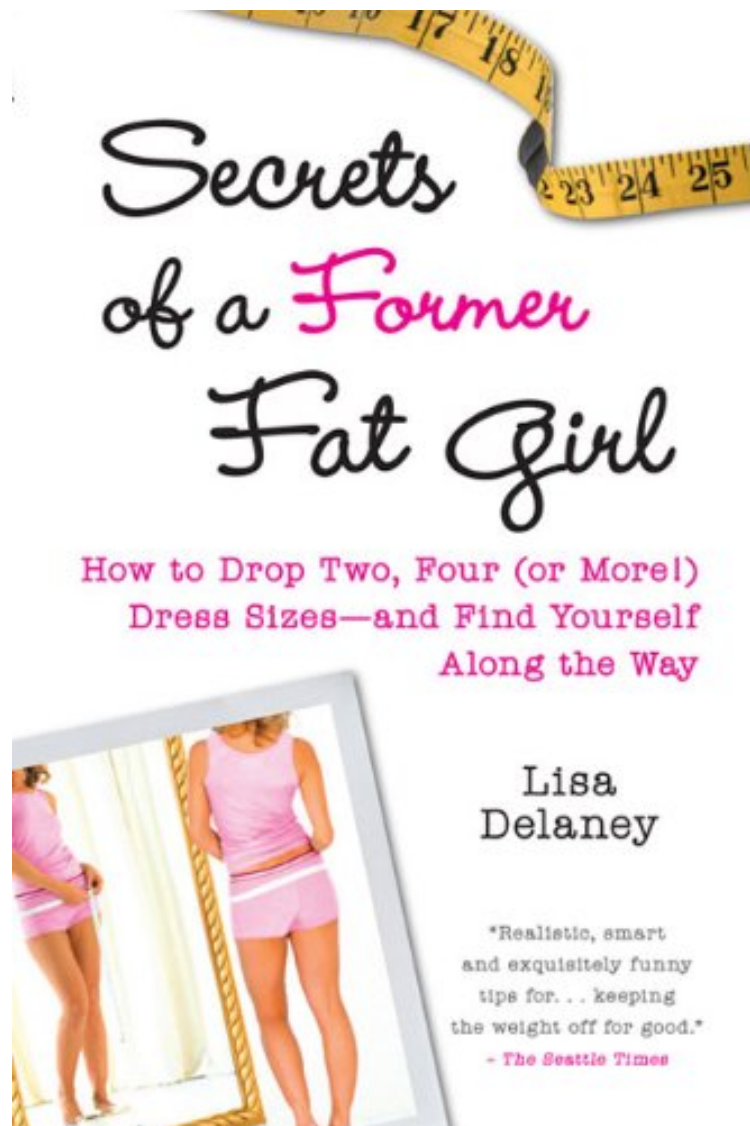


[E-BOOK] Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

Lisa Delaney

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Lisa Delaney : Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way before purchasing it in order to gauge whether or not it would be worth my time, and all praised Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way:

0 of 0 people found the following review helpful. An Inspiring Discovery By Stella Carrier I feel fortunate to have

come across this kindlebook that is *Secrets of A Former Fat Girl* by Lisa Delaney because her story is both motivational and realistic. Please understand that I'm very intuitively and rationally aware that I am blessed with a wonderful husband and a job that pays me handsomely for the type of work that I do. Additionally, I am an American born female who is blessed to have the privilege of living in whatever state I desire and intend within the United States regardless of my economic/career situation. However, I have recently figured out that healing certain areas where I needed to have more intent and decisiveness have helped me successfully go from 217 pounds to the 170s where I am currently and continuing to be more decisive in various areas of my life are key to getting thinner even with being blessed with a sweet husband and a good job. I feel blessed to have come across Lisa Delaney's memoir because she generously shares how eating what she wanted and she even gave the amount of exercise she put in to achieve her ideal body goal. Even knowing this helped me lose some weight this past Friday as Delaney helped me realize that I could walk less miles than I realized by tweaking certain eating and lifestyle habits. Delaney is also honest with the blessing of her social life, and other aspects of her life. For the parents out there Delaney also shares how she balanced family life aspects with her weight loss goals. As with other people who have purchased Delaney's kindlebook I also like the visualization secrets she included to line up with weight loss goals/ideal body dreams. 11 of 11 people found the following review helpful. A Quick Read, and Helpful Memoir By S. D. Paul I happen to be a current fat girl, and I enjoyed this book. Parts of the author's struggle are very similar to my own, and the beginning of the book resonated in an all too familiar way. Around the age of six Lisa began withdrawing into herself for fear of criticism from those around her. Her extra weight served to cushion her from the knocks of childhood. She admits that her family was supportive of her, but that for whatever reason any amount of teasing (generally administered by her three brothers) just struck her heart and quashed her will to succeed. Delaney wanted desperately to be noticed and accepted, and yet at the same time she was terrified of direct attention. I developed very similarly, so this portion of the book was helpful to me in that it is always comforting to feel that another person has experienced similar pain. Let's face it—nobody wants to be the only fat kid!! I also love the fact that she does not blame her parents or her three brothers for her "fat girl" psyche. Lisa Delaney was plainly able to accept complete responsibility for both her physical and emotional imbalances. This was so refreshing to me. These days it seems as though so many people wish to place the blame on external sources. The only way to achieve lasting results (in just about any area of life) is to accept responsibility, forgive, and move on. Easier said than done, of course! One thing this book offers that was new advice (at least to me) was the suggestion to keep any new exercise and diet routines to yourself when you are still in the beginning stages. Don't bring your diet and exercise up if you don't have to! At least try to wait until you have been practicing your new routines long enough that they have become positive habits. This tip alone made the book worth reading. So many times well meaning friends and family members try to offer tips and pointers, but often it just comes across as discouraging. People mean well, but nobody can determine just what makes you tick, nor can they predict your intuition and inner needs. I didn't give this book five stars because I did have trouble relating to Delaney's unusually low self image (she gets over it, but only when she is a size 2). She goes from a size 16 to a size 8 by exercising frequently and running. Delaney achieves this fantastic goal by working out alone, and never goes on a diet, but even as a size 8 she still thinks of herself as "the fat girl." Since when is an 8 considered fat? She maintains an 8 while still being an emotional eater with a ghastly diet. I understand that everybody has a natural size, and that she truly felt that her natural size was smaller than an 8, but it surprised me that she wasn't super stoked to have dropped eight sizes. Her attitude indicates that as an 8 she still felt unattractive and porky, and that just made me feel a little bad for her. It seemed like she only changed her diet because of a desire to be skinny girl, and not so much a desire for health. I may be a bit tubby, but I still feel sexy pretty frequently, even as a fat girl. As corny as it sounds, weight really doesn't have anything to do with real beauty. I've known gorgeous women from size 2 to size 16, and it disappoints me a little when women support the notion that the skinnier you are the sexier you are. Still, all in all it was good for me to read this book, and I would recommend it to others who are trying to come to terms with the "fat girl" inside them that occasionally tries to hide them from the world. 3 of 3 people found the following review helpful. Great book By Sally I bought this book at the beginning of my weight loss journey (I've since lost 25-30 pounds and kept it off). I had been so frustrated in the past and unsuccessful. Lisa gives moral support through the book as well as practical strategies. Her own weight loss journey is also very inspiring. Lisa's advice really helped me make permanent lifestyle changes for the better. I've recommended this book to friends that have had struggles with weight loss. One of her tips that I've employed and works really well is to always ask for substitutions when going out to eat (like if something comes with potatoes, I ask for grilled vegetables or a side salad instead). Also to take baby steps. She has so much advice that was very practical... I'm about to start round 2 of my weight loss (this time only 10 pounds to reach my goal) and I plan on re-reading the book again for inspiration. Truly a life changer... Thank you Lisa!!

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.

From Publishers Weekly Despite her lack of medical credentials, "Former Fat Girl" Delaney (a freelance journalist currently writing for Health magazine) is convincing simply because she has not only lost weight but has kept it off. She has figured out how to go from size 16 to size 2 jeans and maintain a healthy, slim figure for decades. Instead of talking diets, Delaney focuses on motivation. It's essential to feel like you have control over your life; you have to believe you can change, she insists. After talking about the Jazzercise class that first gave her that "I can" feeling, Delaney offers some practical advice so readers can go beyond losing weight to realizing a better self-image. Keep your new eating/exercising regimen a secret, she advises, as family and friends may be surprisingly resistant to your changes. Be firm and exclude foods or situations you know you can't handle. Visualize the life you want for yourself. Even if her advice is not terribly new, Delaney mixes optimism and realism in such manageable proportions, she may give readers just the boost they need. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Realistic, smart, and exquisitely funny tips for . . . keeping the weight off for good." —The Seattle Times "Working in an industry that is obsessed with size, it is refreshing to read a witty, true story about weight loss and managing a healthy lifestyle." —Nigel Barker, America's Next Top Model About the Author Lisa Delaney is an award-winning magazine writer, editor, and currently special-projects director at Health magazine. She has written for Prevention, Vogue, Men's Health, Men's Journal, and Reader's Digest.