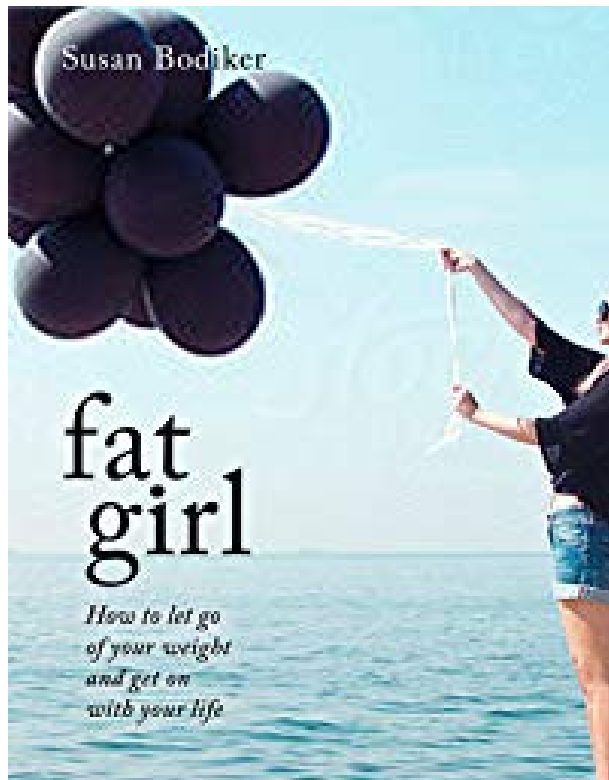


# Fat Girl: How to Let Go of Your Weight and Get on With Your Life



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[Fat Girl: How to Let Go of Your Weight and Get on With Your Life.pdf](#)

[Fat Girl: How to Let Go of Your Weight and Get on With Your Life.epub](#)

Fat Girl takes us behind the (un)fun-house mirror and explores how our childhood struggles with weight and body image eat away at our adult self-esteem and keep us from engaging confidently in the world—at school, at work and with others.

With a little bit of snark and a lot of heart, Susan shares her own story of self-healing and reinvention, offering actionable, common-sense ways to:

- change the way you think about food, your body and yourself
- find more satisfying ways to nourish your body and mind
- give yourself the rewarding life you yearn for--and deserve.

A former fat girl herself, Susan started One Girl Wellness to help girls and women benefit from her experience so they can put their energy into building a life, not judging it (and themselves) solely by pounds or calories. To treat their body as the splendid work of art it is. To respect its function and learn to love it. What this book is not: a no-fail diet plan; a recipe for the perfect life, or a strict nutritionist ideology What this book can be: a lifeline out of the darkness; a roadmap to greater awareness and self-esteem, a set of tools that just might set you free.