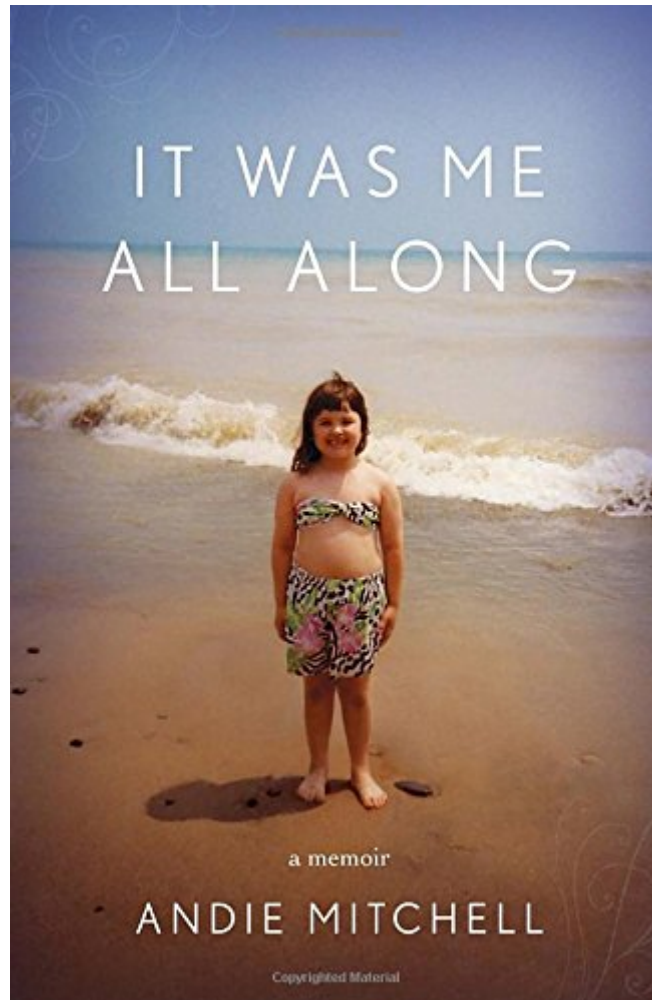


It Was Me All Along: A Memoir PDF



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It Was Me All Along: A Memoir by Andie Mitchell ISBN 0770433243

NEW YORK TIMES BESTSELLER

A heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance.

All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake.

It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome, from

morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

It Was Me All Along: A Memoir Review

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