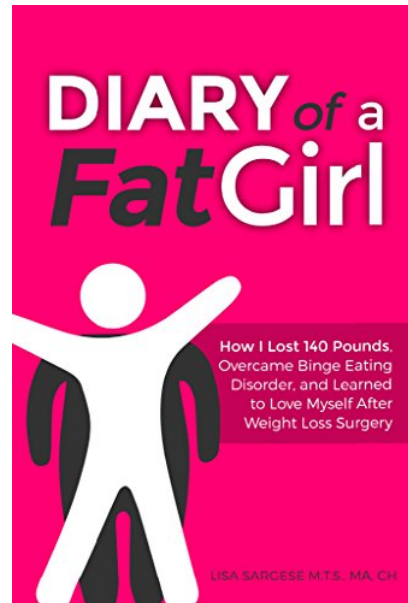


[Download] Diary of a Fat Girl: How I Lost 140 Pounds, Overcame Binge Eating Disorder, and Learned to Love Myself After Weight Loss Surgery



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"A must read! Raw, compelling, and honest." If You're Ready to Shed More than Just the Weight, Read One Woman's Remarkable Journey of Self-Discovery and Healing In *Diary of a Fat Girl* you gain an intimate view into how one woman overcame her past and began anew. Through Lisa Sargese's heart-wrenching (but often laugh-out-loud funny) memoir, you'll be inspired to discover your inner strength and drive to triumph in your own life challenges. *Diary of a Fat Girl* is a must read for anybody who has struggled with body image, self harm, self hatred, abusive relationships, low self esteem, binge eating disorder, bulimia, or a lack of self love. You'll be inspired to see yourself in a whole new way by reading this amazing book. She Knew What She Needed to Do... She Just Couldn't Lisa felt that she should know better than to hate herself for being fat. As a professor of women's studies she knew she should love herself just as she is was - all 420 pounds of herself. But the truth was, she couldn't manage to love herself, try as she might. And even after two lap band weight loss surgeries, she still suffered from binge eating disorder. In Lisa's words, she could eat "two whole pizzas, three Entenmann's cakes, and a two-liter bottle of soda in a three hour binge" all to punish herself for existing. Something Had to Change Lisa's second lap band weight loss surgery had failed over a decade earlier. But she was too poor and too defeated to attempt a third. But after more than ten years of suffering daily binges, unbearable feelings, abusive relationships, and failing physical health, she knew she couldn't continue as she had been. In 2006 she underwent gastric bypass surgery and began the long and difficult journey to health and happiness for the first time in her life. The Surgery Was Just the Beginning *Diary of a Fat Girl* gives you an uncensored look at the inner world of Lisa for the year following her surgery - the many ups and downs as she battled her demons, physical challenges, and the painful relationships that had plagued her for most of her life. You'll discover - as she did - that the many thoughts we believe about ourselves - our shamefulness, our unlovability, our ugliness - are surprisingly inaccurate. And you may discover along with Lisa's daily accounts, that it is possible to see ourselves in a new light. Pick up your copy of *Diary of a Fat Girl* and join the many who have been inspired and empowered on the journey of self love and true health. Click the 'Buy now' button on this page now.

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