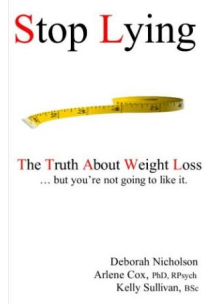


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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Deborah Nicholson spent four years changing her life and losing over 140 pounds, journalling her misadventures along the way. Together with her coworkers, Arlene Cox - psychologist and Kelly Sullivan - registered dietitian, she penned Stop Lying to try and help others struggling with weight and food issues to find their own path towards truly overcoming those issues. Midwest Book Reviews says: In the beginning...

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