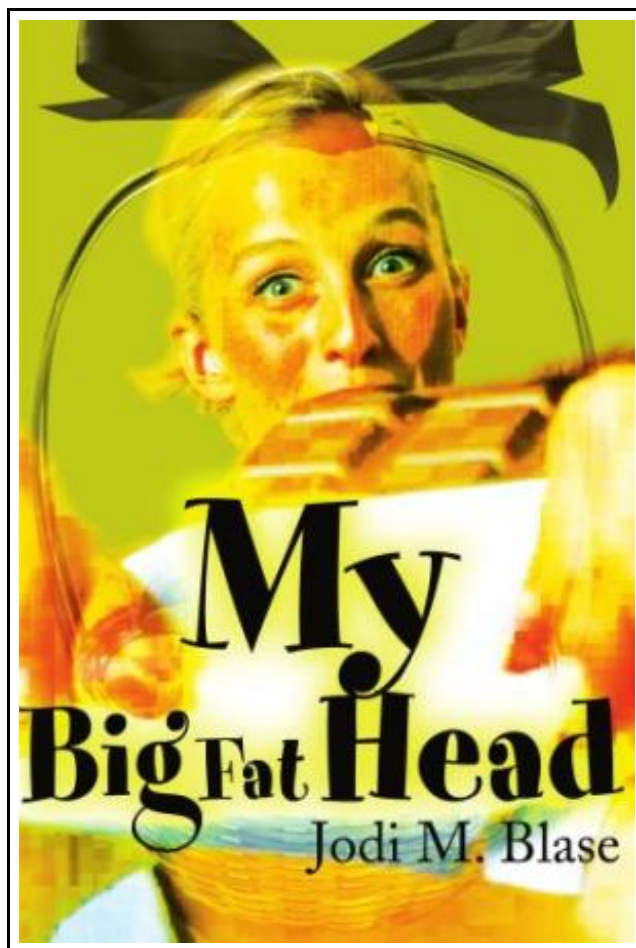


## My Big Fat Head



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## MY BIG FAT HEAD



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Writers Club Press, United States, 2000. Paperback. Book Condition: New. 224 x 160 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I wrote My Big Fat Head when I decided to accept the fact that I was a food addict. .well, maybe not total acceptance, but an acknowledgement. Let s call it a nod. I knew there was no question I was a sugar addict, and I knew that if the sugar didn t go, I was going to go (diabetic, crazy, to Weight Watcher s for the fifth time, pick one), and I wanted to mentally stay onboard, so I didn t think I would ever publish My Big Fat Head, because if I did, I d be out of the closet and all the world would know my dirty little secret; that when placed in a boxing ring with chocolate chip cookies, I d get knocked down every time. My one and only problem, or so I thought, was my sweet tooth. Once I gave up the foods I craved most, I realized that the only thing I was doing by consuming them in the first place was depriving myself of living an honest life. How can that possibly make sense? Because when a person is in the throes of any addiction - food, alcohol, drugs, obsessive behaviors - the preoccupation with that one thing is so prevalent that everything else takes a back seat. Not intentionally and not all at once, so that you don t even notice until it s too late, your life becomes this narrow hallway that loops back and recycles in on itself, causing an unsettling mental disruption. Think circular treadmill you can t jump off of. It may not be publicly noticed, but it s strongly felt by the...



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