



## Fat, Broke Lonely No More: Your Personal Solution to Overeating, Overspending, and Looking for Love in All the Wrong Places (Hardback)

By Victoria Moran

HarperOne, United States, 2007. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Do you ever obsess about whether to order dessert, buy those pricey sandals, or be totally honest on a third date? If so, then you are already acquainted with the fear of being fat, broke lonely. If only we could eat less, get paid better, and be more outgoing. Only it's not that simple. Our endless quest to be fit, flush, and partnered (no matter where we fall on the scale) inevitably makes us feel fat, broke lonely. The symptoms are anxiety, shame, and fear, and the diagnosis is feeling miserable about ourselves. We have two choices: give up, convinced that this is just a lifelong, losing battle, or go toe-to-toe with our negative self-image and take back our lives. Real-life anecdotes, practical strategies, and a touch of sass make this revolutionary five-step plan a must-read. First, Moran helps us discover the root of the symptoms. Then we learn how to break up with fat, broke lonely for good. And finally, we learn how to hook...



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### Reviews

*Thorough information! Its this kind of very good read. It is written in basic words and not hard to understand. You won't feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).*

-- **Roel Bogisich Sr.**

*Without doubt, this is actually the greatest function by any article writer. It is among the most amazing publication i have got read. Its been printed in an exceedingly basic way in fact it is simply after i finished reading through this publication where in fact changed me, change the way i believe.*

-- **Arielle Ledner**