



## Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

By Lisa Delaney

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**Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way** By Lisa Delaney

**An inspiring account of one woman's mission to lose six dress sizes and change her life for good**

For Lisa Delaney, being a "fat girl" wasn't just a matter of weight, it was a state of mind. At one hundred eighty-five pounds, she was despondent over diets that never worked and disappointed by her dull job and lack of a love life—until a late-night epiphany involving a half-gallon of ice cream convinced her that becoming a *former* fat girl, in body and spirit, was the key to creating a life she truly loved.

Today, seventy pounds lighter, Lisa is a successful writer at a national magazine. She is married to a man she loves. And she wears a size *two*.

Eye-opening, accessible, and filled with practical advice, this book reveals the seven secrets of Delaney's success, and explores how shifting from "wannabe Former Fat Girl" to actual Former Fat Girl is as much about seeing yourself as a confident, desirable woman as it is about achieving an ideal weight.

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### **Editorial Review**

From Publishers Weekly

Despite her lack of medical credentials, "Former Fat Girl" Delaney (a freelance journalist currently writing for *Health* magazine) is convincing simply because she has not only lost weight but has kept it off. She has figured out how to go from size 16 to size 2 jeans and maintain a healthy, slim figure for decades. Instead of talking diets, Delaney focuses on motivation. It's essential to feel like you have control over your life; you have to believe you can change, she insists. After talking about the Jazzercise class that first gave her that "I can" feeling, Delaney offers some practical advice so readers can go beyond losing weight to realizing a better self-image. Keep your new eating/exercising regimen a secret, she advises, as family and friends may be surprisingly resistant to your changes. Be firm and exclude foods or situations you know you can't handle. Visualize the life you want for yourself. Even if her advice is not terribly new, Delaney mixes optimism and realism in such manageable proportions, she may give readers just the boost they need. (*Apr.*)  
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Review

"Realistic, smart, and exquisitely funny tips for . . . keeping the weight off for good."  
—*The Seattle Times*

"Working in an industry that is obsessed with size, it is refreshing to read a witty, true story about weight loss and managing a healthy lifestyle."  
—Nigel Barker, *America's Next Top Model*

About the Author

**Lisa Delaney** is an award-winning magazine writer, editor, and currently special-projects director at *Health* magazine. She has written for *Prevention*, *Vogue*, *Men's Health*, *Men's Journal*, and *Reader's Digest*.

### **Users Review**

**From reader reviews:**

**Charles Wilkerson:**

As people who live in the particular modest era should be up-date about what going on or info even knowledge to make these individuals keep up with the era that is certainly always change and move ahead. Some of you maybe can update themselves by looking at books. It is a good choice for yourself but the problems coming to a person is you don't know which you should start with. This Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

**Joseph Kidwell:**

Hey guys, do you wishes to finds a new book to learn? May be the book with the concept Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

suitable to you? Typically the book was written by famous writer in this era. Typically the book untitled Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way is the main one of several books which everyone read now. This particular book was inspired lots of people in the world. When you read this guide you will enter the new dimension that you ever know just before. The author explained their concept in the simple way, and so all of people can easily to comprehend the core of this publication. This book will give you a great deal of information about this world now. So that you can see the represented of the world on this book.

**Eric Rodriguez:**

Within this era which is the greater person or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple way to have that. What you must do is just spending your time little but quite enough to possess a look at some books. Among the books in the top list in your reading list is usually Secrets of a Former Fat Girl: How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way. This book and that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking right up and review this publication you can get many advantages.

**Ashley Johnson:**

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