



Fat, Broke & Lonely No More

Victoria Moran

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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 up with the life of our dreams—and who doesn't want that?

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This Fat, Broke & Lonely No More book is not really ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is information inside this publication incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. That Fat, Broke & Lonely No More without we know teach the one who studying it become critical in thinking and analyzing. Don't end up being worry Fat, Broke & Lonely No More can bring whenever you are and not make your tote space or bookshelves' become full because you can have it in the lovely laptop even cell phone. This Fat, Broke & Lonely No More having great arrangement in word and also layout, so you will not experience uninterested in reading.

Donna Casey:

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