



Skinny, Fat, Perfect: Love Who You See In The Mirror

Laura Fenamore

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Skinny, Fat, Perfect is part memoir, part road map, and whole-heartedly designed to help readers approach healthy eating and weight loss from a different perspective.

The book is a guide for returning to self-love, healing old wounds, and being happy in your body at any size or age. It's time to abandon the popular fear-based and fight-oriented diet paradigm, and instead see how accepting ourselves and our bodies will lead to natural, healthy, and sustainable weight.

This book chronicles the author's personal journey of releasing 100 pounds permanently, and overcoming the self-loathing and addiction that dominated her life. Now a teacher and mentor to others facing similar challenges around the world, she shares the techniques she uses to help her students break free of the diet mentality, release significant weight, and see themselves in a new, loving light, for *good*.

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