



# Secrets of a Former Fat Girl

*Lisa Delaney*

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**Secrets of a Former Fat Girl** 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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Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled Secrets of a Former Fat Girl can be excellent book to read. May be it could be best activity to you.

#### **Martin Dowling:**

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