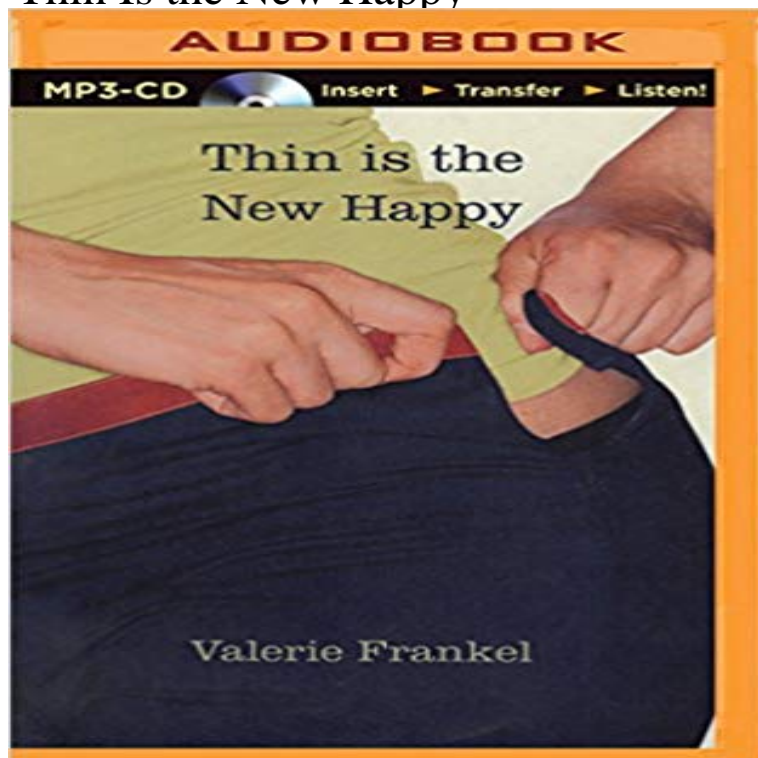


Thin Is the New Happy



Like so many women in today's society, Valerie Frankel's world was dictated by her weight, from starvation and binge eating to her self-loathing and total preoccupation with her weight. Not wanting to pass this legacy on to her own daughters, Valerie set out to cleanse herself of these painful and damaging cycles. Yes, she lost twenty pounds and two dress sizes along the way without dieting a single day. But more than that, she came out on the other side, loving her body, herself, and finally being free. *Thin Is the New Happy* is a hilarious, unflinching, self-deprecating, and joy-filled memoir for every woman who has ever felt good or bad about herself based on how she looks. [A] poignant/hilarious memoir. As Frankel diets through good times and bad, she skewers her own weight-loss foibles and a society that teaches women that thin is all that matters. Lucy S. Danziger, editor-in-chief, *Self Magazine* Riotously funny/always thought-provoking/down-right inspiring. Meg Cabot, author of *The Princess Diaries* It made me laugh, it made me cry, it made me think. Jennifer Cruise, author of *Agnes and the Hitman*

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