

How Ditched The Diet Got Naked Found True Pleasure And Somehow Got Home In Time: A Journey of Body Acceptance and Self-Discovery



Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To

Cook Dinner by Pamela Madsen

★★★★☆ 4.4 out of 5

Language : English

File size : 1200 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

X-Ray : Enabled

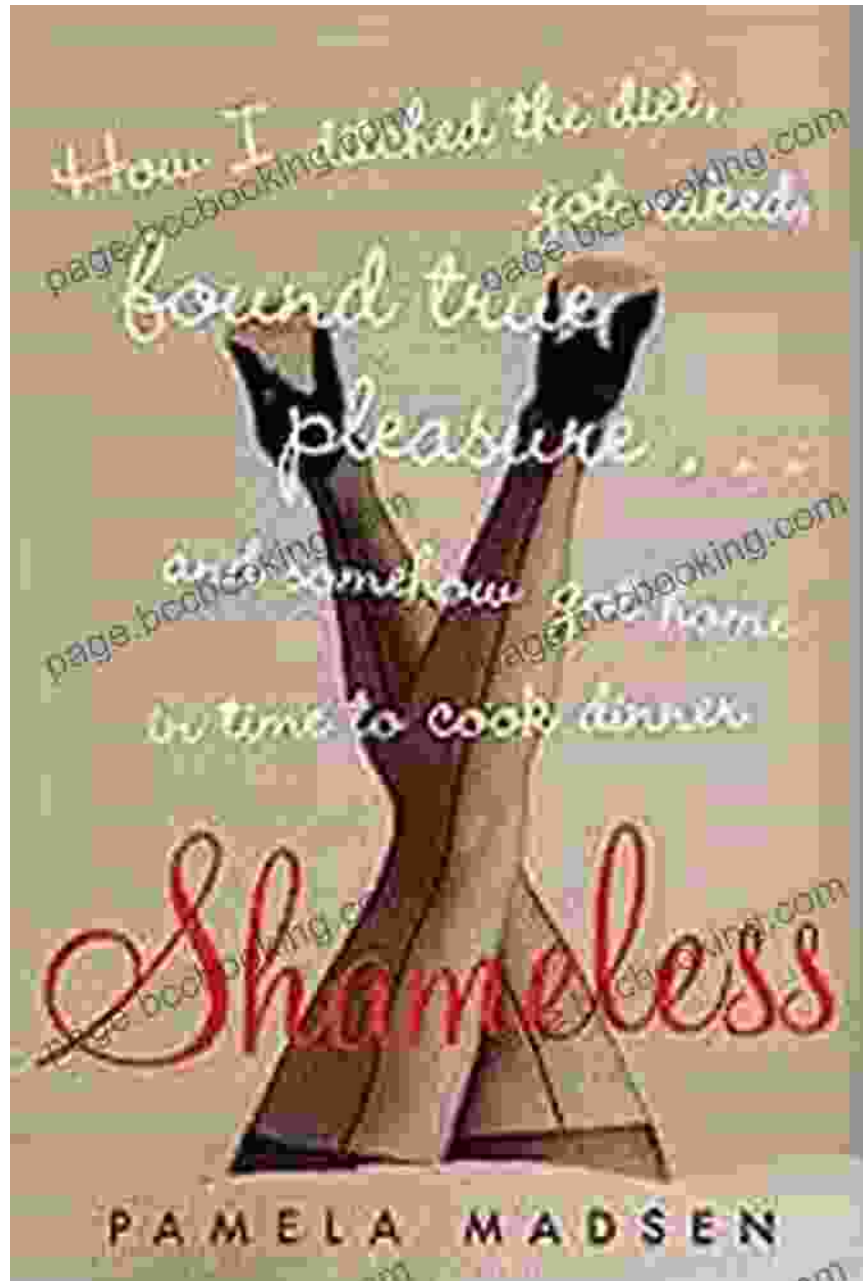
Word Wise : Enabled

Print length : 238 pages

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In her latest book, *How Ditched The Diet Got Naked Found True Pleasure And Somehow Got Home In Time*, Anne Lamott shares her personal journey of body acceptance and self-discovery. With her characteristic humor and candor, Lamott writes about her struggles with weight and body image, and how she finally came to terms with her body and herself.

Lamott's book is a refreshing and honest look at the challenges of living in a body that doesn't always conform to societal ideals. She writes about the pressure to be thin, the shame and self-loathing that can come with being overweight, and the difficulty of finding clothes that fit and feel good. But she also writes about the joy of finding acceptance and self-love, and the importance of living a life that is true to oneself.

How Ditched The Diet Got Naked Found True Pleasure And Somehow Got Home In Time is a must-read for anyone who has ever struggled with body image or self-acceptance. Lamott's writing is honest, funny, and inspiring, and her message of self-love and acceptance is one that everyone can benefit from.



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