



# Suddenly Skinny: A Weight Loss Survival Guide

*Freya Taylor*

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# Suddenly Skinny: A Weight Loss Survival Guide

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## **Suddenly Skinny: A Weight Loss Survival Guide** Freya Taylor

If you're overweight and want to change your life forever, this is the book for you. Blunt, humorous advice is tempered by the experience and compassion of someone who has been there herself. Freya lost 100 pounds and 18 inches off her waist, in less than 10 months. This survival guide tells you how you can do the same. There's more to weight loss than losing the weight. Everyone thinks you won the lottery and now your life is perfect. But how do you handle it when your friends get weird? What do you do when your partner tries to sabotage you? How do you handle developing a personal style, when you've been hiding inside your fat walls for so long? When suddenly every conversation seems to center on your physical appearance, how do you not freak out and put the weight back on in self-protection? You're not alone. Far from it. Many people have walked this road before you. Are you ready? Look inside. It's time to live the life you've been dreaming of. Right now.

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