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Autore	Amy Parham
Titolo	10 lessons from a former fat girl
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ISBN	0-7369-4076-6
Descrizione fisica	1 online resource (190 p.)
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Sommario/riassunto	Amy Parham, a former fat girl who became a fit girl after losing more than 100 pounds, learned what it takes to stay fit inside and out. In 10 Lessons from a Former Fat Girl, she offers nuggets of insight for changing not only the fat-girl body but also the fat-girl mentality. Focusing on the mental, emotional, and spiritual aspects of our relationship with food and exercise, Amy shows how readers can make this a healthy partnership that brings permanent change. Amy speaks from experience as she identifies with the reader struggling with a food addiction; describes emotional pitfalls that serve as triggers for overeating; explores the mental and emotional benefits of regular exercise; illustrates how and why fitness must be a lifelong pursuit; and demonstrates how to transform our minds as well as our bodies. The result is a practical, proven plan that will help any reader reprogram the fat-girl mentality into fit-girl reality.