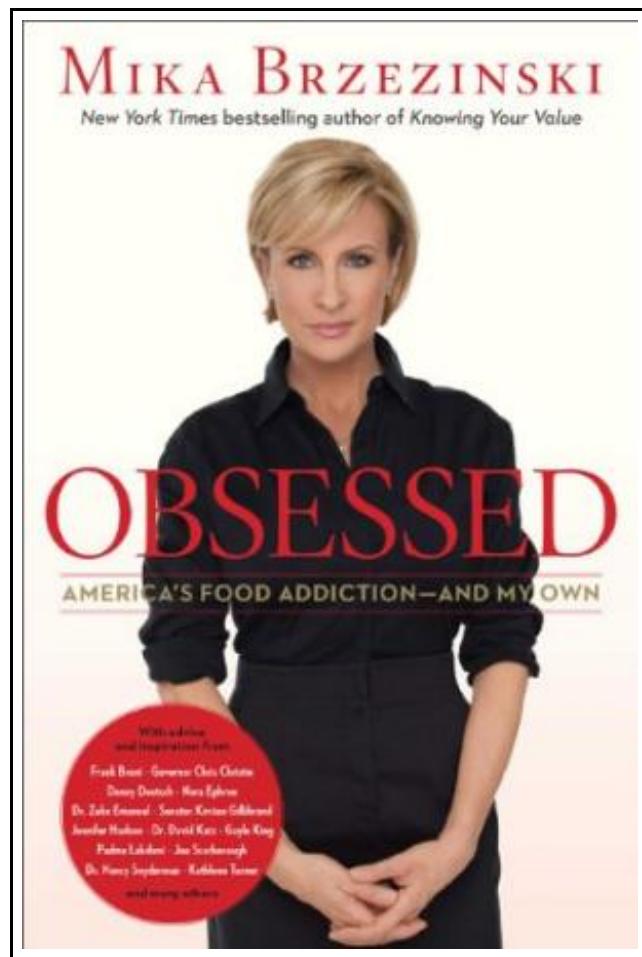


Obsessed: Americas Food Addiction--And My Own



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

OBSESSED: AMERICAS FOOD ADDICTION--AND MY OWN

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Weinstein Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.6in. x 5.4in. x 0.8in.Mika Brzezinski is at war against obesity. On Morning Joe, she is often so adamant about improving Americas eating habits that some people have dubbed her the food Nazi. What they dont know is that Mika wages a personal fight against unhealthy eating habits every day, and in this book she describes her history of food obsession and distorted body image, and her lifelong struggle to be thin. She believes its time we all learned to stop blaming ourselves, and each other, and look at the real culpritsthe food we eat and our addiction to it. Mika feels the only way to do this is to break through the walls of silence and shame weve built around obesity and food obsessions. She believes we need to talk openly about how our country became overweight, and what we can do to turn the corner and step firmly onto the path of health. So Mika made a deal with her very close friend Diane: they would work together on this book and on their personal goals, to help Diane drop 75 pounds and to break Mikas obsession with staying superthin. As she did in her bestseller Knowing Your Value, Mika has packed each chapter with insights from notable people in medicine, health, business, the arts, and politics. Singer Jennifer Hudson, the late writer and director Nora Ephron, TV host Gayle King, New Jersey governor Chris Christie, and many others open up to Mika about their own challenges and what works for them when it comes to food and diet. Its time we stopped whispering the F-word (fat) the way we used to shun the C-word (cancer). This bookwith its trademark Brzezinski smarts, honesty, and couragelaunches us into a...

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Relevant Books



Angels, Angels Everywhere

Bella Rosa Books. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 4.8in. x 0.3in. Many people believe that everyone is assigned at least one guardian angel at birth. Some claim to have seen their...

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The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

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Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in.Every day your child is acquiring skills needed for entry into the world beyond family and home. Arrival at school

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Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.7in. x 0.6in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the

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