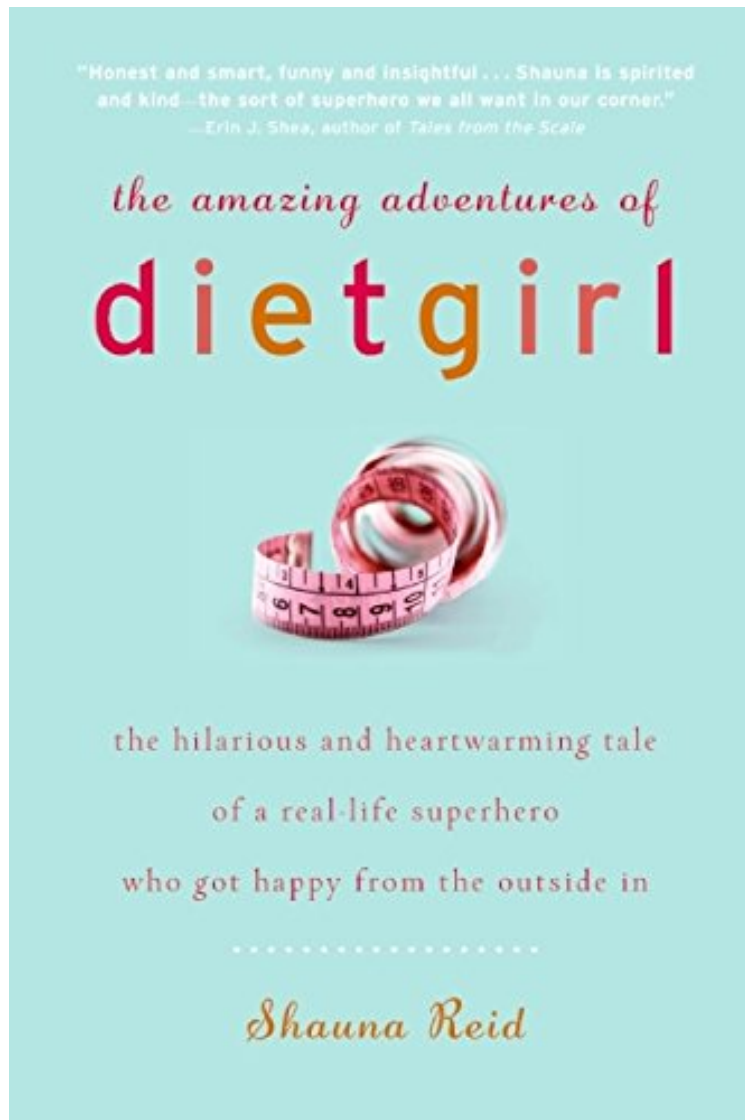


(Library ebook) The Amazing Adventures of Dietgirl

The Amazing Adventures of Dietgirl

Shauna Reid

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#186812 in Books Reid, Shauna 2008-12-30 2008-12-30Original language:EnglishPDF # 1 8.00 x .94 x 5.311, .67 #File Name: 0061657700407 pages | File size: 50.Mb

Shauna Reid : The Amazing Adventures of Dietgirl before purchasing it in order to gage whether or not it would be worth my time, and all praised The Amazing Adventures of Dietgirl:

4 of 4 people found the following review helpful. Fun, inspiring read.By SMSMothers can do much emotional damage to daughters from their own insecurities and this book is an example. I totally get the critical mom always harping on appearance and how it affected Shauna. Am happy that the author finally found how to be her own best friend like so many of us struggle to do. Her journey through fatdom was descriptive and cleverly written. Enjoyed this book a lot.2 of 2 people found the following review helpful. An Honest Revealing Account of One Woman's Weight JourneyBy

Donna Hill This is a very enjoyable account of how a young Australian woman loses half her body weight. It's written in journal form and shows how she succeeds pound by pound. At first I thought that it was very well-written, but I sensed that the story was over almost before it had begun because it seemed obvious that she was losing weight regularly and was heading towards her goal weight with ease. But there are some small setbacks along the way. Shauna Reid struggles with low self-esteem, depression, and cravings. She writes in a humorous way, and I'm sure people a lot younger than I will appreciate her self-deprecating remarks. I'll admit that although I was mildly amused by some of the remarks and the incidents, it wasn't laughing-out-loud funny for me. I tend to take a serious attitude towards weight and weight loss. She also struggles with work issues, has some interesting travel experiences, and meets the love of her life while she is still making her way to her goal weight. You'll fall in love with Gareth, a lover who cheers her on but isn't shocked when she tells him that she used to weigh 351 pounds. I found myself liking Shauna and I looked forward to getting back to the book each evening. It's a pleasurable book to read if you enjoy a good weight-loss success story with all the ups and downs that usually go with a diet and exercise program. 1 of 1 people found the following review helpful. Witty poignant By Beverly Kugler I could identify with a lot of what Shauna wrote. Although I was never as out of control with eating as she proclaimed to be, I do understand the struggle. I could sympathize with her low self-image and overpowering panic attacks at the idea of being made fun of or made to feel foolish, then celebrate her triumph as she realized it was mostly in her head. Highly recommend this book whether you're overweight, underweight, or just right weight. You will love her wit, her self-deprecating humor and the little battles won (and some lost) along the way. I've signed up to receive her newsletter as well.

At just twenty-three years old, Shauna Reid weighed 351 pounds. Spurred into action by the sight of her enormous white knickers billowing on the clothesline, she created the hugely successful blog "The Amazing Adventures of Dietgirl." Hiding behind her Lycra-clad, roly-poly alter-ego, her transformation from couch potato to svelte goddess began. Today, eight thousand miles, seven years, and 175 pounds later, the gloriously gorgeous Shauna is literally half the woman she used to be. Hysterically funny and heart-wrenchingly honest, *The Amazing Adventures of Dietgirl* includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-life superhero to inspire us all.

A buoyant, funny, and immensely likable romp--for readers of all sizes. (4 stars) (People) Bookstores are fat with diet tales, but Reids stands out. Shes an entertaining, endearing writer - funny, humble, honest, wise, and best of all, compassionate. (Minneapolis Star Tribune) About the Author Shauna Reid grew up in Australia. She enjoys travel, pub quizzes, and watching men's tennis. She lives in Scotland.