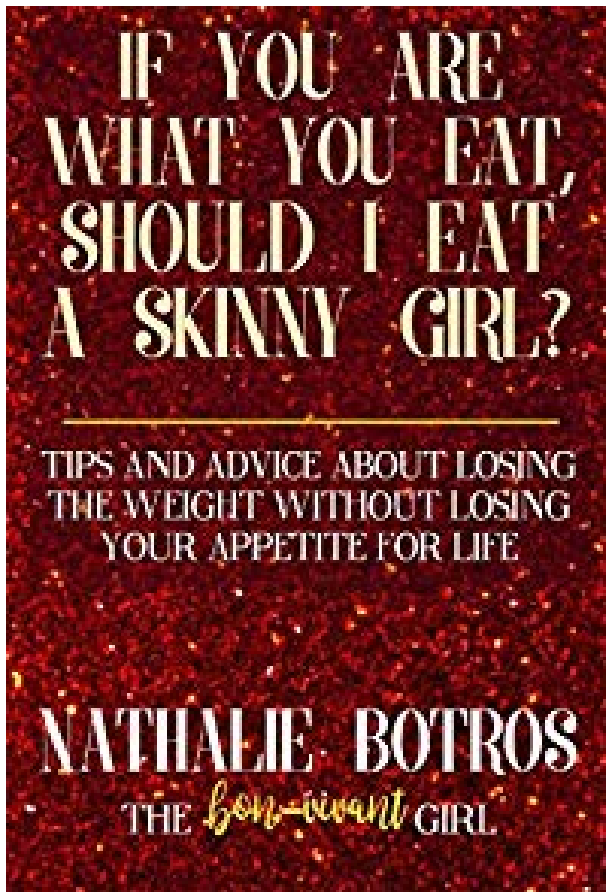


If You Are What You Eat, Should I Eat a Skinny Girl?



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Do you feel like you have tried everything to lose weight, but nothing is working? Do you start your diet every Monday & write a breakup letter to it the following day? Have you started avoiding things that might make you fat? Like scales, mirrors, and photos? These are just a few of the questions Nathalie Botros, Psychologist, Certified Health Coach and ex-serial dieter, asked herself before uncovering the true tips and secrets to losing weight without sacrificing her appetite for life. In this funny and straight-forward book, the bon-vivant girl, Nathalie Botros, will help you: - Accept yourself so you can start looking in the mirror once again! - Mend your relationship with food so you no longer have to yo-yo diet! -Lose the weight without losing your appetite for life!