



When You Eat at the Refrigerator, Pull Up a Chair: Fifty Ways to Feel Thin, Gorgeous, and Happy (When You Feel Anything But)

Geneen Roth

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With an exhilarating combination of wisdom and sass, Roth, a veteran of the diet wars and an expert on the labyrinth of self-esteem, tackles the secret ways people undermine their best intentions, teaching them how to break lifelong patterns of unworthiness and revealing the happiness that resides in the present moment.

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