

When You Eat at the Refrigerator, Pull Up a Chair: 50 Ways to Feel Thin, Gorgeous, and Happy (When You Feel Anything But)



Are you ready to join the anti-diet movement? Geneen Roth has helped thousands of women get past an endless cycle of on-again, off-again dieting and accompanying self-hatred with simple, sane, and often hilarious advice. She's dared to go against the grain, advising women to get rid of clothes that threaten to strangle you and providing a new look at the activity formerly known as exercise. In *When You Eat at the Refrigerator, Pull Up a Chair*, Roth combines wisdom and sass to tackle the secret ways we undermine our best intentions, teaching us how to break lifelong patterns of unworthiness, and revealing the happiness that resides in the present moment.

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