



## The Power of Thin: How Fat Stole My Body (Paperback)

By MS Carrie Litten

Forbz House LLC, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s strange but sometimes freedom can be in the form of losing the weight that keeps you fatigued, sluggish and imprisoned within your own body. Part of my reason for writing this book is to also help the others involved in your life understand and stick by you through the few years it takes to adjust to the new you. It all levels out in the end. But can be more challenging in so many more ways until then. It is worth it. No matter how thin I was in my second year it didn t change how i viewed my new body and did not aide in helping to diminish the negative visual perspective that continually plagued me when I looked in the mirror.

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