



## I Do It with the Lights on: And 10 More Discoveries on the Road to a Blissfully Shame-Free Life

By Whitney Way Thore

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. From the star of TLC s My Big Fat Fabulous Life and the YouTube sensation A Fat Girl Dancing comes an empowering memoir about letting go of your limitations and living the life you deserve. Right now. Whitney Way Thore stands five feet two inches tall and weighs well over 300 pounds, and she is totally, completely, and truly.happy. But she wasn t always the vivacious, confident woman you see on TV. Growing up as a dancer, Whitney felt the pressure to be thin, a desire that grew into an obsession as she got older. From developing an eating disorder as a teenager to extreme weight gain in college to her ongoing struggle with polycystic ovarian syndrome (PCOS), Whitney reveals her fight to overcome the darkest moments in her life. She holds nothing back, opening up about the depths of her depression as well as her resilience in the face of constant harassment and mistreatment. Now Whitney is on top of the world and taking no BS (body shame, of course). And she s sharing the steps she took to get there and the powerful message...



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