



My Big Fat Head

By Jodi M Blase

Writers Club Press, United States, 2000. Paperback. Book Condition: New. 224 x 160 mm.
Language: English . Brand New Book ***** Print on Demand *****.I wrote My Big Fat Head when I decided to accept the fact that I was a food addict .well, maybe not total acceptance, but an acknowledgement. Let s call it a nod. I knew there was no question I was a sugar addict, and I knew that if the sugar didn t go, I was going to go (diabetic, crazy, to Weight Watcher s for the fifth time, pick one), and I wanted to mentally stay onboard, so I didn t think I would ever publish My Big Fat Head, because if I did, I d be out of the closet and all the world would know my dirty little secret; that when placed in a boxing ring with chocolate chip cookies, I d get knocked down every time. My one and only problem, or so I thought, was my sweet tooth. Once I gave up the foods I craved most, I realized that the only thing I was doing by consuming them in the first place was depriving myself of living an honest life....



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