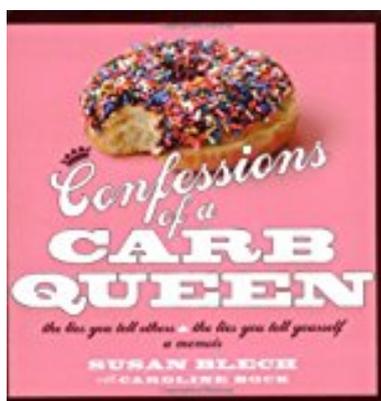


[PDF] Confessions Of A Carb Queen: A Memoir

Susan Blech, Caroline Bock - pdf download free book



Books Details:

Title: Confessions of a Carb Queen:
Author: Susan Blech, Caroline Bock
Released: 2007-12-26
Language:
Pages: 352
ISBN: 1594867763
ISBN13: 978-1594867767
ASIN: 1594867763

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly Starred Review. Once a bodybuilder (now a motivational speaker), Blech had ballooned to 468 pounds by the time she checked herself into a Durham, N.C. weight loss clinic. In this painfully honest memoir, Blech recounts her shameful spiral into obesity, her life as a social outcast and the difficult road back to a healthy weight. Though funny and consistently entertaining, Blech pulls no punches regarding life with "The Body," from clothing and ordering food in front of people to sex and fire department-assisted elevator extraction. Descriptions of eating binges border

on the pornographic ("I'm in that sultry, full, near comotose state, surrounded by the smell of grease, salt, fish, meat..."), arguably more so than descriptions of phone sex. After a dose of reality, Blech enrolls at age 39 in the Durham-based Rice Clinic. What follows isn't a ringing endorsement but rather a frank account of the discipline she-and, she argues, anyone who wants to overcome obesity-had to cultivate to reach her goal. The obese and their loved ones will gain practical advice, as well as a large measure of insight, from this intense, bravura memoir.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"A must-read for anyone who lets her emotions influence her eating." - *Health Magazine*

"Readers will find themselves rooting almost immediately for someone honest enough to unflinchingly reveal the most embarrassing aspects of weighing 400-plus pounds." - *Kirkus Reviews*

"The obese and their loved ones will gain practical advice, as well as a large measure of insight, from this intense, bravura memoir." - *Publishers Weekly Web Exclusive Starred Review*

"The usual suspects abound: lack of self-esteem, loss of a parent, the other parent not so nurturing, stemming the loss with food, hiding within the fat--we've heard it before, but not perhaps with the wit, immediacy and honesty that Blech brings to her story...Look past the sparkly pink cover and discover Susan Blech's unsparing, heroic and big-hearted story." - *Shelf Awareness*

-
- Title: Confessions of a Carb Queen: A Memoir
 - Author: Susan Blech, Caroline Bock
 - Released: 2007-12-26
 - Language:
 - Pages: 352
 - ISBN: 1594867763
 - ISBN13: 978-1594867767
 - ASIN: 1594867763
-