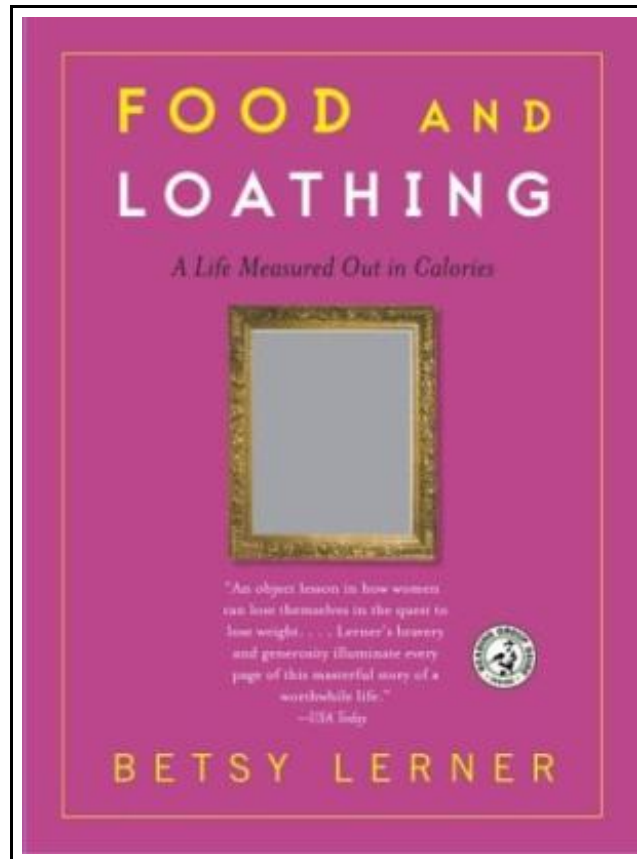


## Food and Loathing: A Life Measured Out in Calories (Paperback)



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### ***Reviews***

*Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.*  
*(Alphonso Beahan)*

## FOOD AND LOATHING: A LIFE MEASURED OUT IN CALORIES (PAPERBACK)



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SIMON SCHUSTER, United States, 2004. Paperback. Book Condition: New. Reprint. 175 x 127 mm. Language: English . Brand New Book. With warmth, wit, and not a trace of self-pity ( Entertainment Weekly ), Betsy Lerner details her twenty-year struggle with depression and compulsive eating in Food and Loathing, a book that dares to expose the insidious nature of women s secret life with food. Alternating between hilarious and heartbreaking ( People ), Food and Loathing gives voice to one of the last taboo subjects and greatest stigmas of our time: being overweight. Lerner s revelations on the cult of thinness -- from the dreaded weigh-in at junior high gym class to the effects of inhaling Pepperidge Farm Goldfish at Olympic speeds -- are universally resonant, as is her belief that this is one battle no one should fight alone. Essential reading for anyone who has ever wielded a fork in despair or calculated her self-worth on the morning scale, Lerner s lament is a triumph ( Publishers Weekly ).



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