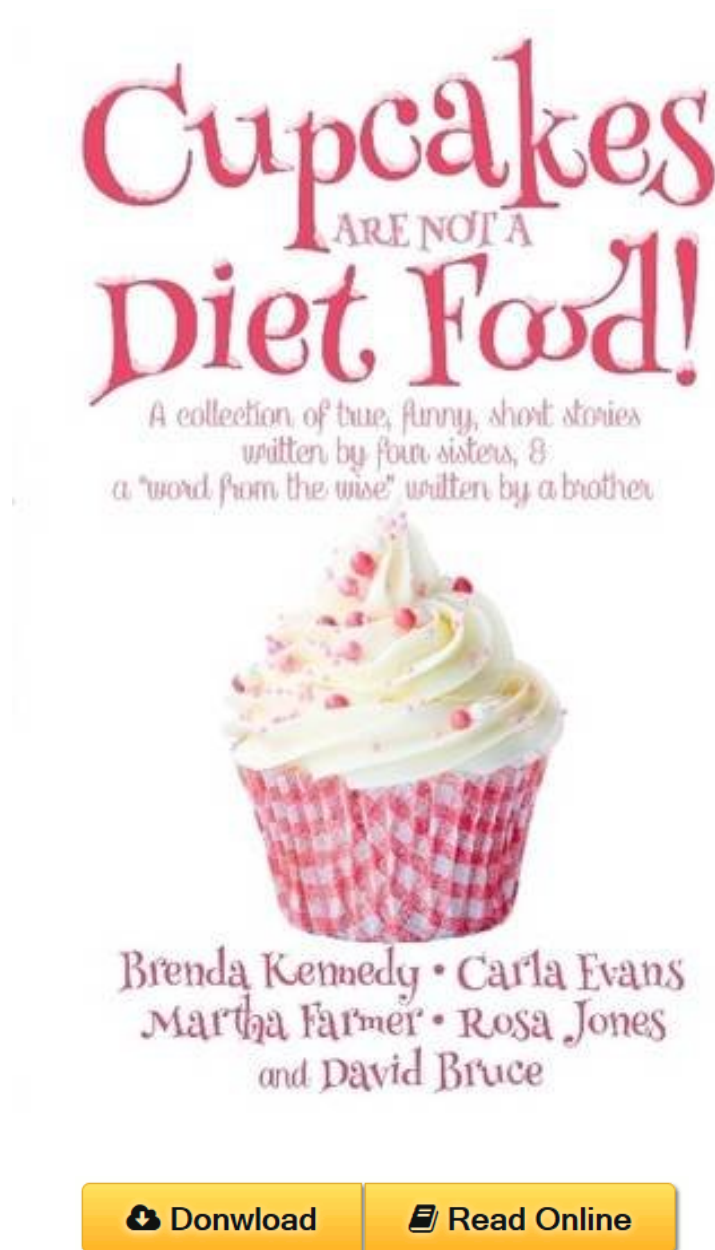


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Cupcakes Are Not a Diet Food

Brenda Kennedy

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#5194598 in Books Kennedy Brenda 2016-07-25 2016-07-25Original language:English 9.00 x .23 x 6.001, .32 #File Name: 136527877892 pagesCupcakes Are Not a Diet Food | File size: 67.Mb

Brenda Kennedy : Cupcakes Are Not a Diet Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Cupcakes Are Not a Diet Food:

1 of 1 people found the following review helpful. The Ups And Downs Of DietingBy GranJanThis book is all about a lifetime fighting the battle of the bulge. 4 sisters and their brother write it. The ladies each take a turn talking about the pain and laughter of a life fighting to maintain the ideal weight. The last chapter is written by the brother who discusses changing your life to eat healthy for a better and longer life. The book is interesting and entertaining. You laugh and cry along with the authors as they re-life their trials and triumphs of dieting. I enjoyed the stories and can

commiserate with the authors. 2 of 2 people found the following review helpful. Finally some hysterical honesty! By Debbie L Kirsch What a refreshing read! I was so glad to pick up this book and find that it was full of honesty, humor, and human emotion. Thankfully, it did not focus on the perfect plan for a perfect person to have the perfect body. Instead, each author shared her challenges, success, and failures with her own unique style and sense of humor. I could relate, as I am sure the majority of us could, to the struggles they shared. But even more, I appreciated the glimpse I got of good people who are hard on themselves. Forgive themselves. And finally accept themselves. The body image pressure is strong, but honesty and humor in dealing with it provide a support much stronger than the pressure. That is why I will read it again! 2 of 2 people found the following review helpful. Enjoyed it By Customer I thought this was a cozy mystery, not a humorous weight loss book. I would not have read it if I had known. Fortunately it was really enjoyable and has some down to earth tips.

While on a Caribbean Cruise and after numerous bottles of Moscato wine and several trips to the allyoucan eat dessert bar, four sisters decided to write a book about their love affair with food and their experiences with diet disasters. With a combined 224 years of experience between the sisters, they consider themselves experts at diet failures. Once the title of the book was decided, they eagerly disembarked the ship, headed home, and not very quickly began writing about their diet bloopers and failures. After they discussed their work in progress with their older, and wiser, and normal weight brother David, he realized the book was a fun idea, but it would need some insight into good nutrition and exercise and so he graciously or reluctantly (depends on who you ask) volunteered to add some of his wisdom and knowledge to the readers and to his sisters.

By Author D B Jones Just finished Cupcakes are Not a Diet-Food and couldn't put it down. It's filled with humor about four sisters, and one of their brothers who have shared stories about their dieting failures and triumphs. If you're looking for a light-hearted, fun-filled book about the rollercoaster ride of dieting, I'm sure you're going to love this one. I don't know about you, but I found a little piece of me in each of their experiences. This book made me laugh, cry, and reflect on my own ride with dieting. Maybe you will too. Thank you ladies and David for sharing with us!