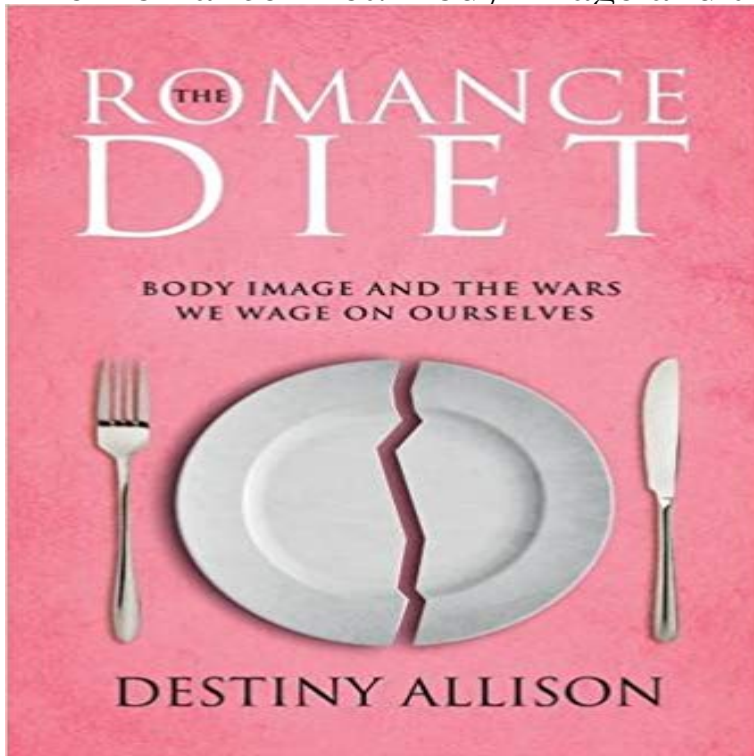


# The Romance Diet: Body Image and the Wars We Wage On Ourselves



Winner of the National Indie Excellence Award (Womens Issues Category). Finalist in the Journey Awards for Narrative Nonfiction. Brave, raw, and unflinchingly honest, this book is a weight loss journey, a love story, a heart beating loudly on the page. Every day we battle against something--injustice, our spouses, our weight. Seldom do we acknowledge the real wars we wage. Repressing feelings and silencing our voices, we suffer under the surface, attributing emotional distress and unwanted pounds to the inescapable effects of hormones or age. But weight gain, anxiety, and marital difficulties aren't always so easy to explain. In her poignant and touching memoir, Allison doesn't offer recipes, exercise tips, or advice. Instead, she shows us how to stand up, express what we want, and develop empathy for ourselves and the people we love. In doing so, she provides invaluable insight for those seeking to lose weight, save a marriage, or make a significant life change. This book won the National Indie Excellence Award for Womens Issues. Includes a Readers Guide.

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