



## Two Whole Cakes: How to Stop Dieting and Learn to Love Your Body

*Lesley Kinzel*

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In the age of *The Biggest Loser* and the “war on obesity,” we’re pressured to conform to certain body standards at any cost. Sure, everyone should eat right and get exercise, but what if you do that and you still don’t fit into the clothes at the mall?

In *Two Whole Cakes*, Fatshionista extraordinaire Lesley Kinzel tells stories, gives advice, and challenges stereotypes about being and feeling fat. Kinzel says no to diet fads and pills, shows by example how to stop hating your body, celebrates self-acceptance at any size, and urges you to finally accept the truth: your body is not a tragedy!



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