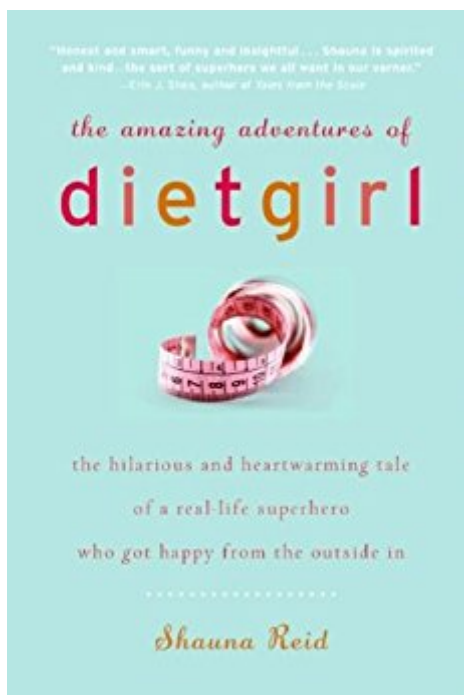


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# The Amazing Adventures Of Dietgirl



## Synopsis

At just twenty-three years old, Shauna Reid weighed 351 pounds. Spurred into action by the sight of her enormous white knickers billowing on the clothesline, she created the hugely successful blog "The Amazing Adventures of Dietgirl." Hiding behind her Lycra-clad, roly-poly alter-ego, her transformation from couch potato to svelte goddess began. Today, eight thousand miles, seven years, and 175 pounds later, the gloriously gorgeous Shauna is literally half the woman she used to be. Hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-life superhero to inspire us all.

## Book Information

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## Customer Reviews

Mothers can do much emotional damage to daughters from their own insecurities and this book is an example. I totally get the critical mom always harping on appearance and how it affected

Shauna. Am happy that the author finally found how to be her own best friend like so many of us struggle to do. Her journey through fatdom was descriptive and cleverly written. Enjoyed this book a lot.

This is a very enjoyable account of how a young Australian woman loses half her body weight. It's written in journal form and shows how she succeeds pound by pound. At first I thought that it was very well-written, but I sensed that the story was over almost before it had begun because it seemed obvious that she was losing weight regularly and was heading towards her goal weight with ease. But there are some small setbacks along the way. Shauna Reid struggles with low self-esteem, depression, and cravings. She writes in a humorous way, and I'm sure people a lot younger than I will appreciate her self-deprecating remarks. I'll admit that although I was mildly amused by some of the remarks and the incidents, it wasn't laughing-out-loud funny for me. I tend to take a serious attitude towards weight and weight loss. She also struggles with work issues, has some interesting travel experiences, and meets the love of her life while she is still making her way to her goal weight. You'll fall in love with Gareth, a lover who cheers her on but isn't shocked when she tells him that she used to weigh 351 pounds. I found myself liking Shauna and I looked forward to getting back to the book each evening. It's a pleasurable book to read if you enjoy a good weight-loss success story with all the ups and downs that usually go with a diet and exercise program.

I could identify with a lot of what Shauna wrote. Although I was never as out of control with eating as she proclaimed to be, I do understand the struggle. I could sympathize with her low self-image and overpowering panic attacks at the idea of being made fun of or made to feel foolish, then celebrate her triumph as she realized it was mostly in her head. Highly recommend this book whether you're overweight, underweight, or just right weight. You will love her wit, her self-deprecating humor and the little battles won (and some lost) along the way. I've signed up to receive her newsletter as well.

I read this book in two days, it would have only been one had I started earlier on the first day! Shauna Reid is an excellent writer on top of being a REAL person. Her story is witty and insightful and so so honest. I related in so many ways having gone through a similar journey. I read some parts to my boyfriend who was also amazed to see so much of me in this book, which was helpful because there were often times I just couldn't find the words to express what I was feeling, Shauna was able to express it all in a real and often humorous way. Her story is about her and HER journey. It doesn't tell you what to do or how to do it. In fact, she doesn't presume to give advice or know the

secret answers to weight loss. She just shares with everyone the ups and downs, the triggers and the successes. It was helpful for me to know I was not alone because often this is something that we suffer alone, unable to share with even those closest in our lives. Her story is inspiring, it's realistic (no matter what country you live in), and it's hopeful. It brought real tears to my eyes as well as real laughter, not just at her stories and anecdotes but I was finally able to laugh at myself. I've lost 63 pounds this past year and I have 22 more to go...I've been on a plateau for months, this was the book I needed to find the inspiration to just be human again.

The book is an addictive read from the first few pages. You feel her pain, shame and sadness. Her upbringing was horrible, being told she was fat all the time. To be treated that way as a child is so damaging. She put her mind to it, tired of living in such a trapped life. She persisted for multiple years, finally achieving her goal and changing her life in process. A great read for everyone or anyone who has ever struggled with their weight. Although I have never been considered obese, I have fought the "lard bust" since I was a teenager. And like her....I look back at pictures and I was so skinny....what was I thinking. She comes full circle and smaller body to a new life. Such a great read.....

This book is a gift truly a gift. Shauna's book is so relatable, transparent, honest, inspiring, I was gripped and this book will contribute to my healing about my rollercoasting weightgain/weightloss, I lost 80lbs in last 7years but up and down 20lbs constantly, so I truly felt like I am not alone in my emotions, Shauna's peace about her journey will help me find even more peace with mine. What a gift. truly give yourself this gift for Christmas. Thank you Shauna.

I read this book while looking for some inspiration during my weight loss journey. For whatever reason it seemed to lose its steam about 2/3s of the way through. I don't know if I was just expecting more tips disguised in the narrative or what. I don't regret the time I spend reading it.

As someone who used to weigh over 300 lbs and struggles to keep up a 100 lb weight loss, I deeply love this book. I love her honesty of the struggles she has. Often motivation books will talk about how you have to get over yourself and embrace change, but Shauna talks about how tough it is, and how rewarding it can be as well. I am now on my 2nd time through the book and I have found it as refreshing as the first time. I am so glad there is a book out there about weight loss written in a way that so many young women who struggle with weight can relate too.

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