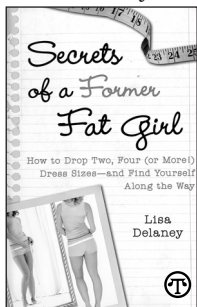




## Former Fat Girl Tells All

(NAPSA)—A witty, upbeat and highly motivating new book supports women's efforts to trim away what prevents them from living fulfilling lives.

In her book, "Secrets of a Former Fat Girl" (Hudson Street Press), Lisa Delaney reveals how she cre-



ated her own seven secrets of success—which resulted in a 70-pound weight loss that she's maintained for two decades.

Twenty years ago, at 5 foot 4 and weighing 185 pounds, Delaney was disappointed by diets that never worked, her dull job and lack of love life.

Fortunately, a late-night realization over a half-gallon of mint chocolate chip ice cream convinced her that transforming into a *former* fat girl—in body and spirit—was the key to having a life she loved.

Shaping up your body is as much about how you feel on the inside as how you look on the outside, says this inspiring memoir.

Unlike many diet books that serve up unappetizing menus with plenty of guilt, Delaney's book offers no-nonsense advice from the front lines. The book is available where books are sold. Visit Delaney's Web site [www.formerfatgirl.com](http://www.formerfatgirl.com).