



# **Self-Esteem Comes in All Sizes: How to Be Happy and Healthy at Your Natural Weight, Revised Edition**

*Carol A. Johnson M.A., Gary Foster, M.A., Carol A. Johnson*

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## **Self-Esteem Comes in All Sizes: How to Be Happy and Healthy at Your Natural Weight, Revised Edition** Carol A. Johnson M.A., Gary Foster, M.A., Carol A. Johnson

For large women who are tired of unsuccessful dieting and feeling bad about their size, this book offers specific things they can do to feel attractive, sexy, and happy at their natural weight. Upbeat and affirmative, it features empowering personal stories, a Large Person's Bill of Rights, updated research on obesity and genetics, and resources for plus-size women.

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