



It Was Me All Along: A Memoir

Andie Mitchell

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A yet heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance.

All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake.

It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

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Jason Villalobos:

A lot of people always spent their free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day long to reading a guide. The book It Was Me All Along: A Memoir it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book possesses high quality.

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