



Navel Gazing: One Woman's Quest For a Size Normal

By Anne H. Putnam

Faber & Faber. Paperback. Condition: new. BRAND NEW, Navel Gazing: One Woman's Quest For a Size Normal, Anne H. Putnam, Almost every woman worries about her weight. For Anne H Putnam, it became unavoidable - by the age of seventeen she weighed over twenty stone and had tried everything, from dieting to fat camp to wearing big t-shirts. When she decided to have weight-loss surgery, she thought everything would change. But now, nine years later and ten sizes smaller, she has discovered that changing your body doesn't automatically change how you feel about it. Navel Gazing is a funny, passionate and no-holds-barred memoir of one woman's quest to accept her own body image - to feel normal. It will make you laugh, cry, cringe - and wonder why it's so hard for women to feel happy with the way they look.



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A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

-- *Elena McLaughlin*