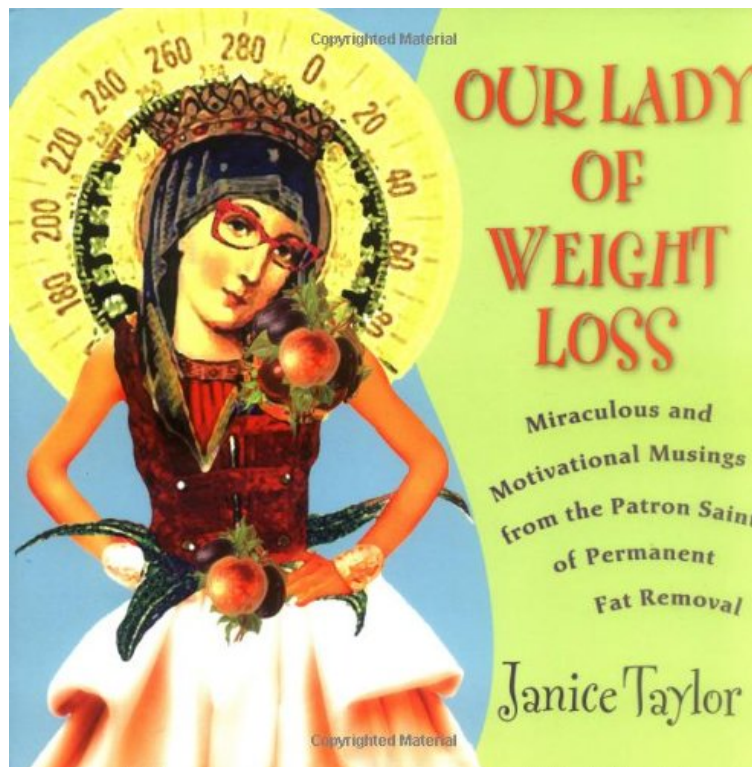


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## Our Lady of Weight Loss: Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal

Janice Taylor

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**Janice Taylor : Our Lady of Weight Loss: Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Our Lady of Weight Loss: Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal:

1 of 1 people found the following review helpful. Interesting and humorous reading By BEVERLY J. A little outdated because of references to the Food Pyramid, known now as "Choose My Plate". The government sponsored web site for either title will come up however it's input. Otherwise, I enjoyed it so much so I gave one as a gift. There are a lot of references to Catholicism so if you're uncomfortable with this, simply don't purchase it. The suggestions are great. Would recommend. 0 of 0 people found the following review helpful. One Star By Melanie C. Not my style 1 of 1 people found the following review helpful. Give this lady ten stars! By A reader Another reviewer suggested ten stars and I agree! What a delightful book! I love the ideas and illustrations. I got the book yesterday and have had a hard time putting it down. I'm just sorry that I didn't know about her many pounds ago!

As millions of women can attest, losing weight is hard work, and even the most resolute of dieters often fail. What's

missing from nearly every diet program is the support and humor women need to keep on track and lose those pounds for good. Here, *Our Lady of Weight Loss*—the patron saint of fat removal—comes to the rescue with miraculous motivation for all! In this unique book, Our Lady shares her tried-and-true gospel of weight loss guaranteed to lift readers' spirits and finally make dieting fun. A fat-free, calorie-free, carb-free, guilt-free helping of divine inspiration, *Our Lady of Weight Loss* is the ultimate cheerleader for women everywhere and the best friend who will keep them on course even when the brownies beckon like a siren. With the help of Our Lady readers will: Stay inspired with "motivational musings" and tips Curb their cravings and keep their creative appetite satisfied with "pious projects" Confess their chocolate or french fry transgressions and move on Indulge in healthy and simple "righteous recipes" Part art object, part craft project, part bedside companion, and part cookbook, *Our Lady of Weight Loss* is perfect for any woman following a diet program and still searching for her "thinner core." Quirky and soulful, with gorgeous four-color artwork throughout, this book will keep readers laughing on the rocky road to sveltesville and change their relationship with food forever.

From the Back Cover Early Praise for *Our Lady of Weight Loss* "Janice Taylor and *Our Lady of Weight Loss*, give us just what we need -- a lift, a laugh, and, of course, a kick in the tush. Taylor has found a unique way to fuse weight loss with creative expression, and she puts it out there to help others with wit and warmth." -Jami Bernard, author of *The Incredible Shrinking Critic* "Divine intervention at its best and funniest! Who knew? The powers that be are hilarious! Never has losing weight been so much fun!" -Colette Bouchez, medical writer for *The New York Daily News Funny*, compassionate and wise, *Our Lady of Weight Loss* and Janice Taylor speak to the whole person stuck inside every professional dieter." -Jessica Porter, author of *The Hip Chicks Guide to Macrobiotics* "Janice Taylor was sent from above to bless us all! Using her personal experience, she takes the daunting task of losing weight and turns it into a frisky and inspirational craft project. Consider this book your personal diet guardian angel to lead you to a healthy, artful life where veggies aren't only tasty, but also make for great collage embellishments." -Kathy Cano Murillo, author of *Crafty Chica's Art de la Soul* "Slim down while you laugh it up. Be inspired by Janice Taylor's success story. If she can do it, anyone can. . . . Losing weight and keeping it off isn't easy, but it is possible. Instead of drugs, you need a sense of humor. Instead of gimmicks, you need to find new sources of joy. Janice turned to art. Turn to her and see if it helps. We all need a good kick in the tush sometimes." -Marilynn Preston, *Tribune Syndicated Columnist* Can you lose weight from sheer wackiness? After leafing through Taylor's...dieting revelations you won't want to rule it out. -- *NY Times* Finally! A bit of wacky originality, humor and creativity in the world of weight loss. -- Simon Doonan, author of *Nasty: My Family and Other Glamorous Varmints* The best makeovers begin from the inside out. *Our Lady of Weight Loss* makes the phrase "lighten up" quite literal. -- Julia Cameron, author, *The Artist's Way* From Publishers Weekly Taylor has maintained a weight loss of 50 pounds for more than five years. Her secret? Her work as a "weight-loss artist." Taylor says her turning point came during a meeting at a weight-loss center, when she decided to stop obsessively tracking the food she ate. Instead, she would create food-centric art whenever she had the urge to eat. She quit her job and combined her artistic leanings with a childhood fascination with nuns (she lived near a convent as a kid; the kindly nuns never commented on her chubbiness) in a creative homage to *Our Lady of Weight Loss*, an inner voice that provides inspiration and support to Taylor. The book offers a refreshing take on weight. Sure, there are recipes, and discussions of nutrition and self-image and exercise, but Taylor gets that most overweight folk already know they need to eat less and exercise more. In chatty, supportive prose, Taylor highlights her book with "weighty confessions" that offer absolution and cute "fat-oids" ("It takes twenty-two muscles to smile and sixty-two to frown"). And there are clear, witty instructions for art projects, including sewing, collage and lamp makeovers—most projects call for glitter glue, and lots of it. (Aug.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.