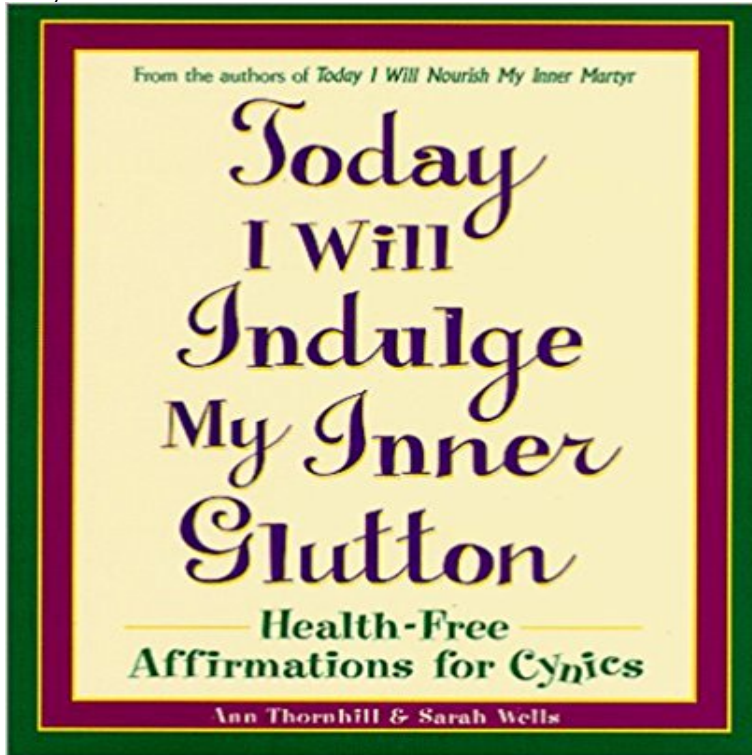


## Today I Will Indulge My Inner Glutton: Health-Free Affirmations for Cynics



Sick of all those perfect, spandex-clad bodies you see flitting in and out of health clubs? Tired of being made to feel guilty because you might have put on, oh, a couple of pounds here and there? Join the club. Inside you'll find 365 hilariously biting affirmations that celebrate the joys of not following the slim-waisted, sunken-cheeked pack. Everyone who's had it up to here with today's health and fitness craze will enjoy such daily meditations as: Today I will accept that I have childbearing hips, which unfortunately seem to be geared toward the birth of a nation. Today I will take out a second mortgage in order to refinance my extensive plastic surgery so I can finally know true happiness. Today I will allow myself to fall peacefully asleep while watching my favorite exercise video. About the Authors Ann Thornhill and Sarah Wells consider themselves seasoned victims of the self-help craze. Friends since college, they live in Pittsburgh, Pennsylvania, where Ann is a freelance writer and Sarah is a practicing therapist.

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