



Do I Look Fat in This?: Get Over Your Body and On With Your Life

Rhonda Britten

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The author of *Change Your Life in 30 Days* and *Fearless Living* confronts that nagging question from the inside out.

As a Life Coach on the Emmy Award-winning daytime reality show *Starting Over*, Rhonda Britten has helped countless women befriend their bodies-first by encouraging them to face and accept what they see in the mirror, and then by empowering them to make healthier decisions about their weight.

In *Do I Look Fat in This?*, Rhonda shares her personal story of body confidence and the stories of many of the women who have reached out to her. With Rhonda's encouragement and advice, people can find the courage and inspiration they need to move from disliking their bodies to celebrating them, from seeing them as objects of shame to considering them their own best friends.

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