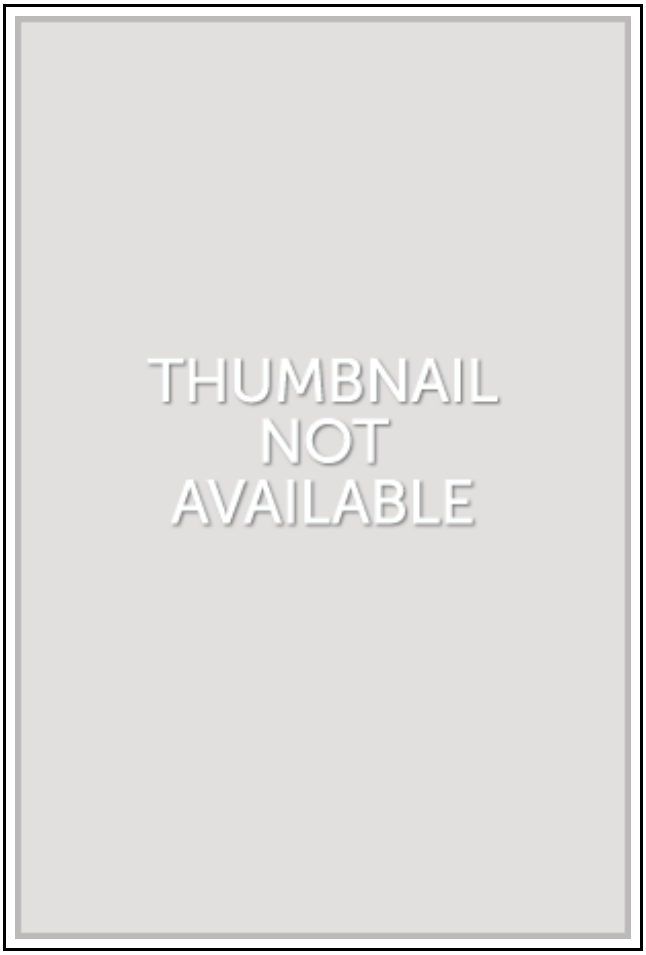
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Dreamscape Media, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 163 x 142 mm. Language: English . Brand New. From the extra pounds and bullies that left her eating lunch alone at school to the low self-esteem that left her both physically and emotionally vulnerable to abuse, Jasmin Singer s weight defined her life. Even after she embraced a vegan lifestyle and a passion for animal rights advocacy, she defied any skinny vegan stereotypes by getting heavier. It was only after she committed to juice fasts and a diet of whole foods that she lost almost a hundred pounds and realized what it means to be truly full. Told with humble humor and heartbreaking honesty, this is Jasmin s story of how she went from finding solace in a box of cheese crackers to finding peace within herself.

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