



# Goodbye Fat Girl

*Irene O'Garden*

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*Irene O'Garden*

## **Goodbye Fat Girl** Irene O'Garden

This intimate, lyric book details one woman's embrace of health and peace after decades of struggle with food and body image. Illustrated with her elegant, sensitive drawings, her journey proves that personal agony can be permanently overcome.

The syncopated layout of this book is a deliberate artistic choice serving the emotional rhythm of the text and illustrations.

"For many years now, the poet, playwright, and memoirist Irene O'Garden has been a hero to me. I think of her as a walking, writing, beam of light." Elizabeth Gilbert, author of *Eat, Pray, Love* and *The Signature of All Things*

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