



# **Shut Up, Skinny Bitches!:** The common-sense guide to following your hunger and your heart

*Maria Rago PhD, Greg Archer*

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Stop dieting and start loving yourself! If you can't stomach one more day of being told you're too fat, then you're ready to try some delicious new brain candy. Skinny is not the cure! Thin is NOT in. There's nothing wrong with you! There never was. Authors Maria Rago, PhD and Greg Archer want you to do one thing: Shut up, and eat! And have fun doing it. Let compassionate guides Maria and Greg show you how listening to your hunger and fullness cues, eating foods you love, and honoring yourself are the best nutrition for your body, mind, and soul.

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