



My Fat Little Rule Book: Lose weight while indulging in chocolate, cheese, orgasms and wine!

Jacquie Somerville

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My Fat Little Rule Book: how a fashionista finally reconciled with being a foodie, and lost the "evil and obstinate last ten pounds." Jacquie Somerville is equally crazy about both food and fashion, and, as many of us can attest, these two passions usually cannot peacefully coexist. I mean, how does one reconcile Gucci with Gorgonzola, and Dolce & Gabbana with dulce de leche? It's a dilemma...until now. Jacquie wrote My Fat Little Rule Book as a guide for herself, and outlines the 15 rules that enabled her to finally achieve her goal weight after decades of struggle. No gimmicks, no tricks, just plain common sense advice on how to lose those unwanted extra pounds. A detailed and entertaining account of Jacquie's 35-day diet and exercise plan, My Fat Little Rule Book delivers Jacquie's irreverent and humorous musings on everything from clothing and cuisine, to lust and motivation. Weaving raw and hilarious personal journal entries with the 15 rules and their accompanying -- and shockingly honest -- postscript notes, My Fat Little Rule Book is a refreshing read that many women (and men) will relate to. Jacquie's rules are foolproof, easy, and if she can do it, so can you. The work is also full of surprises, particularly when one realizes this book isn't only about Marc Jacobs and mousse cake, but rather, it goes much deeper, digging into the importance of setting goals and how achieving -- or not achieving -- them can impact one's sense of self-worth. My Fat Little Rule Book: an entertaining, no-nonsense guide to get you where you want to be. Finally.

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