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Amazing Adventures Of Dietgirl
Shauna Reid

The Amazing Adventures Of Dietgirl Shauna Reid

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The Amazing Adventures Of Dietgirl

The Dietgirl blog will remain up as an archive in case anyone ever wants to have a nosy around. Righto... if you made it this far, it's time to CELEBRATE like crazy people! For the past three years January 15 has meant time for cool prizes in the Dietgirl Birthday Sell Out, a way of saying cheers to everyone for reading.

The Amazing Adventures of Dietgirl

Hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-

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life superhero to inspire us all.

The Amazing Adventures of Dietgirl: Reid, Shauna ...

The Amazing Adventures of Dietgirl is part memoir and part chicklit and heavily weighted towards the ups and downs of dieting. It's not a book for everyone, but I think it'll speak to any woman whose had to struggle to lose weight. It's not a diet book really but as Dietgirl shares her experiences, you feel like you're living through it with her.

The Amazing Adventures of Dietgirl by Shauna Reid

Hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-life superhero to inspire us all.

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The Amazing Adventures of Dietgirl - Kindle edition by ...

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The Amazing Adventures of Dietgirl by Shauna Reid ...

Dietgirl now feels like a lifetime ago, but I like keeping these archives here because it's all part of the story. Spoiler alert: I did not keep the weight off. But today, I'm happier than I ever have been. So please enjoy the archives - I always love hearing from people who take the time to wade through them!

Archives | The Amazing Adventures

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The Amazing Adventures of Dietgirl

But since she is an amazing woman to have dreamed up such a wildly successful fundraising event, we all chanted obediently like members of a very pink cult, YES MISS, We Will Wear Our Stupid Ponchos. 11.02PM - Attention span fading. I thought I'd be nervous but I was just plain grumpy, anxious to get out there and get the bastard over with.

Moonwalk | The Amazing Adventures of Dietgirl

The Amazing Adventures of Jilanna - Part I
Posted on March 1, 2012 by shauna As

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someone who's been "maintenance challenged" I love to pick the brains of folk who are keeping the pounds off without going batty.

The Amazing Adventures Of... | The Amazing Adventures of ...

In turn hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl follows the twists and turns of Shauna's lard-busting adventure as she curbs the calories and learns to love the gym. There are travel tales from Red Square to Reykjavik, plus romance and intrigue as she meets the man of her dreams during a pub quiz in Glasgow.

The Amazing Adventures of Dietgirl: Amazon.co.uk: Reid ...

I'm Shauna Reid, copywriter, author and content mentor. I love telling stories about life and helping other people to tell theirs.

Shauna Reid | Author, copywriter

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and content mentor

Hysterically funny and heart-wrenchingly honest, *The Amazing Adventures of Dietgirl* includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-life superhero ...

THE AMAZING ADVENTURES OF DIET GIRL By Shauna Reid ...

Shauna Reid's amazing writing and brilliant humor keeps this from being just yet another blog-turned-book. I love the support she gets from her family, something that all dieters know that they need. Rather than sit and moan about her life, with the help of her adorable sister, she leaves her home and starts on a wonderful adventure that leads her not only to a healthier body, but to friendship and love as well.

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Amazon.com: Customer reviews:

The Amazing Adventures of ...

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The Amazing Adventures of Dietgirl - HarperCollins

The Amazing Adventures of Dietgirl started as a blog (which Shauna still runs today) and chronicles the years spent going from 351 lbs to 175 lbs. But it's also so much more than that. The weight loss is front and center but really, where her story becomes so inspiring, is when she begins to blossom into a confident woman ready to create her own adventures as opposed to waiting for life to happen.

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The Amazing Adventures of Dietgirl (Paperback) - Walmart ...

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The Amazing Adventures of Dietgirl - Shauna Reid - Paperback

Ms. Moore-Shaver, with her husband and children, spent ten years in the Alaskan bush where they lived a simple but satisfying lifestyle with all the attendant challenges and adventures. She and her fa...

Books similar to The Amazing Adventures of Dietgirl

Hysterically funny and heart-wrenchingly

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honest, The Amazing Adventures of Dietgirl includes travel tales from Australia to Paris to Red Square, plus romance when she meets the man of her dreams in a Scottish pub. This is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a real-life superhero to inspire us all.

The Amazing Adventures of Dietgirl: Reid, Shauna: Books ...

In turn hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl follows the twists and turns of Shauna's lard-busting adventure as she curbs the calories and learns to love the gym.

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