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# Confessions of a Reformed Dieter: How I Dropped Eight Dress Sizes and Took My Life Back

*A. J. Rochester*

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**Confessions of a Reformed Dieter: How I Dropped Eight Dress Sizes and Took My Life Back** A. J. Rochester
'I love food. Even worse, I love junk food. If lard could be double deep-fried I would eat it. If I could deep-fry headache pills I would. So it's no wonder I'm now the size of a small yet economically viable continent...'When A. J. Rochester is selected to feature in a television series on obesity, she is at first appalled and then resolved. At 109 kilos (17 stone), she knows she needs to lose weight - not because she yearns to become a twiglet but so she can keep up with her little boy and turn her life around at last. But after years of fighting a losing battle with the flab, A. J. knows she needs a miracle. So she decides to ditch the 'quick-fix' diets and the faddy exercise equipment and try a new approach - one that involves discovering her own inner strengths. It may not be easy - but it pays off. Confessions of a Reformed Dieter charts the highs, lows and plateaus of A. J.'s incredible journey, from overcoming an early setback - waking up in hospital with a broken leg after a drunken binge - to the triumph of shedding the first, and last, kilo.

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