

COTTAGE CHEESE THIGHS

I know what it feels like to hate your body. I've cried over my reflection too many times to count. I'm tired of watching my self-esteem sink whenever the number on the scale starts to rise. I've spent the majority of my life battling my weight and it's time for me to win this war! Developing a body that didn't make me cry was the intention behind writing this story, although it blossomed into something greater than I ever imagined. Instead of...



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Cottage Cheese Thighs

Author	Jenn Sadai
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Peek Inside the Book

The more I thought about the reasons behind my insecurities, the more I realized that my issues with my appearance had nothing to do with reality. I didn't feel fat because I was sluggish or unable to move my body with ease. I felt fat because I didn't fit the mold of what society has taught...

My thighs are normal as far as their appearance, and extraordinary in regards to the feats they have conquered. Jenn Sadai, Cottage Cheese Thighs

Reader's Opinions

Every woman must read this book! It's an amazing story of the author's struggles with self-esteem and body image that we can all relate to. Jenn Sadai is so honest and truthful about her feelings and shares her journey of how she comes to love her body just the way she is "flaws and all". I would recommend this book to...

Her best book yet! Every woman can benefit from this story. She bares more than just her thighs on the cover. It exposes and dissects all of her weight struggles, self-esteem