

**READ MY HIPS: HOW I LEARNED TO LOVE MY BODY,  
DITCH DIETING, AND LIVE LARGE**

Jennifer Gilchrest

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### **Read My Hips Quotes by Kim Brittingham**

Read My Hips: How I Learned to Love My Body, Ditch Dieting, and Live Large .. As someone 'larger than life' I can relate to some of what she went through.

### **Read My Hips: How I Learned to Love My Body, Ditch Dieting, and Live Large by Kim Brittingham**

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I've had this book on my "to-read" list for awhile but finally decided to actually buy it! And then, one day, I looked in the mirror and liked what I saw. Still think this is one that is worth perusing because like Kim I really enjoyed the beginning of this book. And I've liked my body ever. It is a fast read, so the value is exquisite. I was with her at every point in her life from the bedroom talks with friends about losing weight to the first time she asked a boy. See you around, ladies. Publishedlyearago. A feel good book that hashes out what it feels like to be a person in society that not only have personal self image issues but how society reacts sometimes positively and sometimes negatively to someone that doesn't meet America's ideal size.