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## Always Too Much and Never Enough: A Memoir

By Jasmin Singer

Dreamscape Media, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 163 x 142 mm. Language: English . Brand New. From the extra pounds and bullies that left her eating lunch alone at school to the low self-esteem that left her both physically and emotionally vulnerable to abuse, Jasmin Singer's weight defined her life. Even after she embraced a vegan lifestyle and a passion for animal rights advocacy, she defied any skinny vegan stereotypes by getting heavier. It was only after she committed to juice fasts and a diet of whole foods that she lost almost a hundred pounds and realized what it means to be truly full. Told with humble humor and heartbreaking honesty, this is Jasmin's story of how she went from finding solace in a box of cheese crackers to finding peace within herself.



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### Reviews

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*-- Joshua Gerhold PhD*

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

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