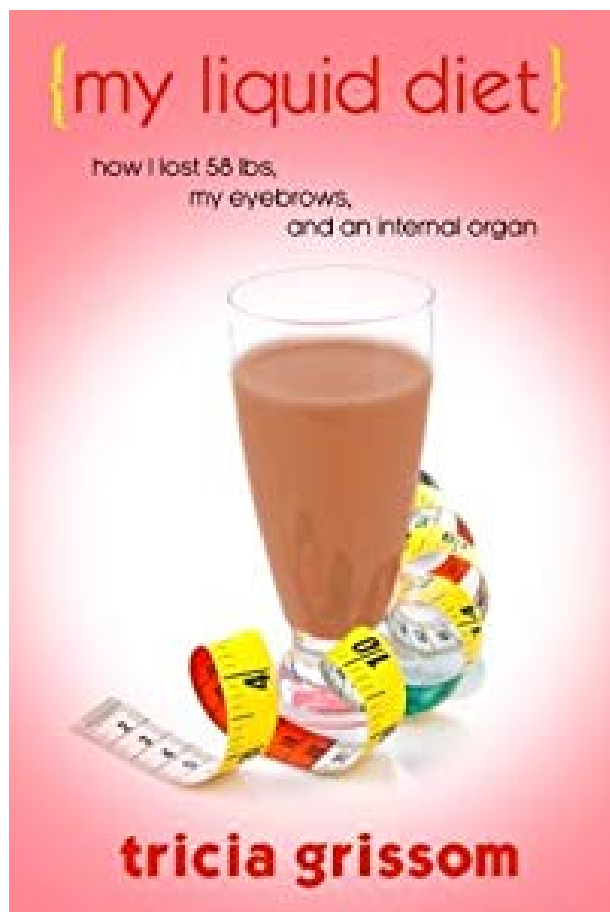


My Liquid Diet: How I Lost 58 lbs, My Eyebrows, and an Internal Organ



Author:	Tricia Grissom
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[My Liquid Diet: How I Lost 58 lbs, My Eyebrows, and an Internal Organ.pdf](#)

[My Liquid Diet: How I Lost 58 lbs, My Eyebrows, and an Internal Organ.epub](#)

Have you ever been on a crazy diet? Newly divorced, fat, and about to turn 40, Tricia Grissom decided to go on a fasting liquid diet. She gave up solid food for 5 months and drank protein shakes to lose weight. This book is about the extremes she was driven to for weight loss and how the experience changed her - inside and out. It's not a diet plan. It's about hunger and fasting and guilt. It's a diet story.