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As a young woman Pat Ballard almost died trying to starve her body into a societally approved size. In her first nonfiction book she shares the steps she created—and used—to heal the damage of years of dieting.

Join her in celebrating size diversity, body esteem, and health at every size.

"If you haven't learned to cherish your life's vehicle—your body—this beautiful little book will make a big beautiful difference. If you already know what is truly important, this book will re-arm you for the sometimes daunting task of living fully at any size."

Janey Milstead
Writer/Editor
& past
Editor-in-
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"With her wit and wisdom, Pat shares the secrets to eliminating self-loathing. This effervescent book lifts a woman's spirits and toasts life as it should be lived!"

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Author of
*The Big Girl's
Guide to Life*



Your body is a unique work of art.
There never has been, nor will there ever be
another body just like yours.
Learn to love it & it will love you back.

10 Steps to Loving Your Body (No Matter What Size You Are)

Pat Ballard

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