

The Perfect Fit

The complete style and fitness makeover—for every body! When getting dressed for a big night out, how many times—after trying on ten different outfits—have you looked at yourself critically in the mirror and wished for a different body? Fashion and fitness gurus Paige Adams-Geller and Ashley Borden know exactly how you feel. Looking and feeling good takes some work— although not as much as you might think. Inside you'll find the tips that Paige and Ashley use with their own celebrity clients. You'll learn how to:

- Highlight your best features and dress for your unique body type
- Customize your workout by sculpting the body parts you want to work on the most
- Lose weight in a balanced and healthy way with Ashley's two-week S.O.S. Food Plan

A striking and inventive social history of the role of clothing in the making of modern Americans. While fashions of the rich and famous have been lushly chronicled, little attention has been paid to the meaning of clothes for everyone else. Yet between 1890 and the outbreak of World War II, as ready-to-wear came into its own, the clothes of ordinary Americans claimed the nation's attention. Allied with civic virtue, fashion now played an increasingly important role in shaping the national character. Drawing on a wealth of sources -- from advertisements, trade journals, and health manuals to sermons, science, and songs -- acclaimed historian Jenna Weissman Joselit shows how the length of a woman's skirt, the shape of a man's hat, and the height of a pair of heels enabled Americans of every faith, color, and class to feel part of the modern nation. As moral arbiters warned that extravagant attire might undermine equality, and gentlemen worried that wearing colored shirts reared them less manly, the newly arrived and newly emancipated -- immigrants and African-Americans -- wondered just how much jewelry was appropriate to their new status as citizens. Engaging, imaginative, and original, *A Perfect Fit* uncovers a time in American history when getting dressed was more about fitting in than standing out and vividly shows how clothes expressed the spirit of democracy and the promise of America.

Sage Dunbar is dealt a shattering double blow when she discovers that her fiancé has depleted her bank accounts and her father has been having an affair. Reeling with shock, she accepts a job promotion that involves relocating to Anchorage, Alaska. She never expects to cross paths with a man who will challenge everything she thought she knew about love. Gabe's "sex-only" relationship policy has been working just fine, keeping him free of messy entanglements and emotional baggage. Then he meets Sage, and his no-commitment ways start to lose their appeal. But Sage isn't ready to give her heart and trust to another man any time soon. With a single-minded determination that surprises even him, Gabe resolves to convince her that true love can erase every obstacle--real or imagined--in its path. . . . Praise for Brenda Jackson's *Perfect Timing* "A warm reading experience." --Booklist "One of the best." --Romantic Times "A writer before her time." --Carl Weber

When Maxine Nicholls discovers her fiancé is cheating, she turns to fast food and nighttime soap operas, but her sister has a plan—unbridled rebound sex with a stranger. As one of Toronto's hottest players, Antony Laurent tallies scores on and off the ice, but when the chiseled defense man hits a slump, rumors of a trade to the minor league send him to ambush a managers meeting at a posh club. That night a chance encounter ends up as an unforgettable evening of passion. But Maxine and Antony are about to discover a game of casual hook ups can lead to something neither one of them thought they deserved—the right fit.

From award-winning author Anne Miranda comes a rollicking rhyming story about an unruly gang of sixteen geometric shapes who get tangled in the neighborhood jungle gym until their friend comes to their rescue and order is restored. Perfect for fans of *Chicka Chicka Boom Boom!* One day a little circle, just as happy as could be, got caught inside a jungle gym, and couldn't wiggle free. When the neighborhood shapes go climbing on the park jungle gym the last thing they expect is a tangle. First the circle, next the triangle and then the square. One by one soon all sixteen shapes are trapped. They push and pull and tumble and cry for help. Who will save them? One special shape can set the others free. Can you guess which one it is? This charming story makes learning the names of sixteen shapes as easy as a day in the park.

The Perfect Fit is a guide to fitting golf equipment to golfers using the latest fitting technologies in addition to time proven golf club fitting methods. The basics such as length, loft, lie and shaft selection are covered. However more advanced fitting techniques such as launch monitor applications, moment of inertia matching and club balancing are introduced to the reader.

A step-by-step guide to crafting a compelling scholarly book proposal—and seeing your book through to successful publication The scholarly book proposal may be academia's most mysterious genre. You have to write one to get published, but most scholars receive no training on how to do so—and you may have never even seen a proposal before you're expected to produce your own. *The Book Proposal Book* cuts through the mystery and guides prospective authors step by step through the process of crafting a compelling proposal and pitching it to university presses and other academic publishers. Laura Portwood-Stacer, an experienced developmental editor and publishing consultant for academic authors, shows how to select the right presses to target, identify audiences and competing titles, and write a project description that will grab the attention of editors—breaking the entire process into discrete, manageable tasks. The book features over fifty time-tested tips to make your proposal stand out; sample prospectuses, a letter of inquiry, and a response to reader reports from real authors; optional worksheets and checklists; answers to dozens of the most common questions about the scholarly publishing process; and much, much more. Whether you're hoping to publish your first book or you're a seasoned author with an unfinished proposal languishing on your hard drive, *The Book Proposal Book* provides honest, empathetic, and invaluable advice on how to overcome common sticking points and get your book published. It also shows why,

far from being merely a hurdle to clear, a well-conceived proposal can help lead to an outstanding book.

The rules of (fake) engagement . . . Leah Martin has spent her life trying to avoid temptation. But she's sick of low-fat snacks, counting calories, and her hyper-critical mom. Fortunately, her popular new bakery keeps her good and distracted. But there aren't enough éclairs in the world to distract Leah from the hotness that is Sam Cooper - or the fact that he just told her mother that they're engaged . . . which is a big, fat lie. Sam sometime speaks before he thinks. So what started out as defending Leah's date-ability to her judgmental mother soon turned into having a fiancée! Now the plan is to keep up the fake engagement, stay "just friends," and make Leah's family loathe him enough to just call the whole thing off . But Sam has an insatiable sweet tooth, not only for Leah's decadent desserts but her decadent curves. Her full lips. Her bright green eyes. Yep, things aren't going quite according to plan. Now Sam has to convince Leah that he's for real . . . before their little lie turns into one big, sweet disaster.

Do you long to get a perfect fit when sewing your own shirts and blouses? In *Sewing Shirts with a Perfect Fit*, author, teacher, and shirt-sewing expert David Page Coffin shows how you can easily transform the patterns included with the book into three different customized basic shirt silhouettes. Learn to work with any body shape for men or women to achieve unique, personalized, and well-fitted basic shirt patterns for yourself or anyone else. The book includes detailed explanations of essential techniques; clear, step-by-step photos; and basic patterns for sizes XXXS to XXXL that are included in a pocket behind the front cover. Discover unique fitting options for shirts and learn how to drape fabrics to create a wrinkle-free garment. With these techniques, you'll understand how to get a great fit with almost no measuring for any and all body types, including plus-size and athletic figures. Using his couture-inspired draping methods on both standard and custom-shaped body forms (with great tips on how to make your own form), David then demonstrates how to adjust shoulder and side seams, necklines, sleeves, and armholes, and add darts or new seams to achieve the fit you want for each silhouette: loose, fitted, or tight. Once you've covered the fundamental concepts and techniques, put your knowledge into practice with the four distinctive, original step-by-step shirt design and construction projects. These projects offer a variety of classic shirt, shirt-jacket, and dress shirt styles you can make and perfectly fit with the included patterns. In this book you'll also learn: Correct ways to drape patterns in different fabrics for a great fit. How to make a denim Western shirt with sleeve plackets and snaps. Construction tips that will make your garments look more professional. How to create a fitted wrapped shirtdress that can be any length. Ways to position and reshape a yoke. *Sewing Shirts with a Perfect Fit* will give you the skills you need to get the right fit every time!

Big girls don't cry--they go after what they want--in this "fresh, fun, adorable" (Lori Wilde) romantic comedy. Thanks to her bangin' curves, Valerie Carmichael has always turned heads--with the exception of seriously sexy Logan Mathis. Just Valerie's luck that the object of her lust-filled affection is also best friends with her overprotective brother. But Valerie's determined to get Logan's attention . . . even if it means telling a teeny little lie to get a job at his new bar. Logan can't remember a time when Valerie didn't secretly fuel all his hottest fantasies. Now the curvaceous she-devil is working behind his bar, tempting him every damn night. It's only when he finds Valerie's naughty things-to-do list that Logan decides to break every rule in the book--by making each red-hot deed a reality. No one warned them that they were going to fall this hard. And no one warned them that sometimes the smallest secrets can have the biggest consequences.

"Joi will guide you through evaluating the body, compensating for figure variations, taking extensive measurements and applying them to a commercial pattern to see how these vital pattern adjustments affect fit."--Provided by publisher.

This 24-page storybook features characters from the Apple TV+ animated show, *Stillwater*. The show, based on Scholastic's bestselling Jon J. Muth picture book series, is a gentle introduction to mindfulness for kids. Based on an episode from the Apple TV+ series, *Stillwater*. In *A Perfect Fit*, Addy and Michael are building a go-kart for the neighborhood race, and Karl is super excited to help. But with his siblings covering most of the work, he finds himself without much to do. Feeling left out, Karl makes his way to *Stillwater's* garden, where the wise panda helps him see there may be a perfect job for him after all.

FORMER NBA STAR LUTHER WRIGHT SHARES HIS HARROWING AND UPLIFTING JOURNEY OF FINDING GOD—AND HIMSELF—WHEN HE HAD NOTHING LEFT TO LOSE. Luther Wright had the life hoop dreams are made of. A first-round NBA draft pick for the Utah Jazz, he was a rookie on a team with basketball legends Karl Malone and John Stockton. He had money, women, cars, and a luxurious bachelor pad overlooking Salt Lake City. But within a year, ravaged by drugs and unable to cope with life as an NBA star, he was homeless, broke and addicted to crack cocaine. Wright never wanted to play basketball, yet standing more than seven feet tall even as a boy, he thought he had no choice. In this heartrending memoir, he writes candidly about the self-destructive spiral he found himself on after neglecting his passions to pursue the dreams of others. After years of living on the streets, he finally found a gift greater than anything his millions could have bought him—God. Today, Wright offers a simple message: believe in yourself, follow your dreams, and only then will you find your Perfect Fit.

A practical approach to business transformation *Fit for Growth** is a unique approach to business transformation that explicitly connects growth strategy with cost management and organization restructuring. Drawing on 70-plus years of strategy consulting experience and in-depth research, the experts at PwC's Strategy& lay out a winning framework that helps CEOs and senior executives transform their organizations for sustainable, profitable growth. This approach gives structure to strategy while promoting lasting change. Examples from Strategy&'s hundreds of clients illustrate successful transformation on the ground, and illuminate how senior and middle managers are able to take ownership and even thrive during difficult periods of transition. Throughout the *Fit for Growth* process, the focus is on maintaining consistent high-value performance while enabling

fundamental change. Strategy& has helped major clients around the globe achieve significant and sustained results with its research-backed approach to restructuring and cost reduction. This book provides practical guidance for leveraging that expertise to make the choices that allow companies to: Achieve growth while reducing costs Manage transformation and transition productively Create lasting competitive advantage Deliver reliable, high-value performance Sustainable success is founded on efficiency and high performance. Companies are always looking to do more with less, but their efforts often work against them in the long run. Total business transformation requires total buy-in, and it entails a series of decisions that must not be made lightly. The Fit for Growth approach provides a clear strategy and practical framework for growth-oriented change, with expert guidance on getting it right. *Fit for Growth is a registered service mark of PwC Strategy& Inc. in the United States

Precision Medicine and Artificial Intelligence: The Perfect Fit for Autoimmunity covers background on artificial intelligence (AI), its link to precision medicine (PM), and examples of AI in healthcare, especially autoimmunity. The book highlights future perspectives and potential directions as AI has gained significant attention during the past decade. Autoimmune diseases are complex and heterogeneous conditions, but exciting new developments and implementation tactics surrounding automated systems have enabled the generation of large datasets, making autoimmunity an ideal target for AI and precision medicine. More and more diagnostic products utilize AI, which is also starting to be supported by regulatory agencies such as the Food and Drug Administration (FDA). Knowledge generation by leveraging large datasets including demographic, environmental, clinical and biomarker data has the potential to not only impact the diagnosis of patients, but also disease prediction, prognosis and treatment options. Allows the readers to gain an overview on precision medicine for autoimmune diseases leveraging AI solutions Provides background, milestone and examples of precision medicine Outlines the paradigm shift towards precision medicine driven by value-based systems Discusses future applications of precision medicine research using AI Other aspects covered in the book include regulatory insights, data analytics and visualization, types of biomarkers as well as the role of the patient in precision medicine

Learn how to fit clothes and alter sewing patterns. Sew clothes you love that fit.

Tap the skills of your most vital resource—employees. This book shows you how to improve individual and organizational performance by aligning corporate strategy with the management of people. You will learn why some people are more successful than others and how that can work for your organization. Whatever your role---CEO, manager, or human resource professional---Achieving the Perfect Fit guides you in how your organization can use employee skills and talents to gain the competitive edge. This book shows you how to: Improve your competitive position Get the right people for the right job Relate pay to skills Manage cultural differences Develop the leaders of tomorrow An impressive team of international human resource management consultants provides you with new contributions and up-to-the-minute case studies. Attain business success through leveraging individual performance with Achieving the Perfect Fit. Tap the skills of your most vital resource—employees. This book shows you how to improve individual and organizational performance by aligning corporate strategy with the management of people. You will learn why some people are more successful than others and how that can work for your organization. Whatever your role---CEO, manager, or human resource professional---Achieving the Perfect Fit guides you in how your organization can use employee skills and talents to gain the competitive edge. This book shows you how to: *Improve your competitive position *Get the right people for the right job *Relate pay to skills *Manage cultural differences *Develop the leaders of tomorrow An impressive team of international human resource management consultants provides you with new contributions and up-to-the-minute case studies. Attain business success through leveraging individual performance with 'Achieving the Perfect Fit.'

The Complete Photo Guide to Perfect Fitting is the ultimate reference for fitting test garments and transferring accurate adjustments to patterns. No matter what size or shape you are, wearing garments that fit perfectly makes you look and feel better. Rather than making commonly accepted changes to a commercial pattern, the method presented in this guide focuses on the way a test garment fits the body. The fabric is manipulated to improve the fit, and then those specific changes are made to the pattern. The result: patterns that fit perfectly! With The Complete Photo Guide to Perfect Fitting, you'll learn: The importance of a fitting axis and how to use it during a fitting How to recognize fitting issues, such as drag lines and folds How to manipulate fabric to solve common and unusual fitting problems How to transfer the fitting changes to your pattern easily Basic pattern-making skills to ensure accurate alterations See the fitting process from start to finish on basic garments, fitted on real people. Then follow fitting solutions on different body types. Hundreds of large color photos illustrate the techniques and concepts in simple step-by-step instructions. With these lessons, you will get the perfect fit for any body.

Image Consulting has been identified as one of the top home-based professions for the new millennium. This is the first book that outlines in detail how to design an image consulting business, the training you will need and how to market and promote your services. Also included is a section on resources, sample documents, media lists and consulting tools and training. This is a MUST HAVE if you want to start a successful image business.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In How Big Is Your God? Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

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Pro') Mona Mauro is a daughter, sister, wife, mother, teacher, and friend, but mainly, a woman of faith. Her calling is teaching and she finds delight in teaching the Word of God. Mona's been speaking at women's retreats, conferences, and seminars for over twenty years - always with sincerity, humility, and much laughter. She earned her B.S. from Messiah College, has several advanced certifications and is currently completing her master's. Mona and her family live in southern New Jersey. Visit her website www.monamauro.com"

Instructs sewers with basic-level skills on how to alter and update favorite wardrobe articles and handbags with new fabrics and details, revealing the secrets of the "rub-off" technique used by fashion industry professionals to create patterns from existing garments. Original. A first book.

Explains how to adjust patterns to fit different body shapes and discusses the basics of fitting and body measurement

#1 NEW YORK TIMES BESTSELLER • Meghan, The Duchess of Sussex's first children's book, *The Bench*, beautifully captures the special relationship between father and son, as seen through a mother's eyes. The book's storytelling and illustration give us snapshots of shared moments that evoke a deep sense of warmth, connection, and compassion. This is your bench Where you'll witness great joy. From here you will rest See the growth of our boy. In *The Bench*, Meghan, The Duchess of Sussex, touchingly captures the evolving and expanding relationship between father and son and reminds us of the many ways that love can take shape and be expressed in a modern family. Evoking a deep sense of warmth, connection, and compassion, *The Bench* gives readers a window into shared and enduring moments between a diverse group of fathers and sons—moments of peace and reflection, trust and belief, discovery and learning, and lasting comfort. Working in watercolor for the first time, Caldecott-winning, bestselling illustrator Christian Robinson expands on his signature style to bring joy and softness to the pages, reflecting the beauty of a father's love through a mother's eyes. With a universal message, this thoughtful and heartwarming read-aloud is destined to be treasured by families for generations to come.

A psychotherapist specializing in human sexuality shares his revolutionary Coital Alignment Technique, a method that promises to enable women to achieve orgasm regularly through intercourse and intensify climax.

This is the first book that delves deeply into easily mastered techniques that can be used to adapt and customise any project. *Knitting the Perfect Fit* is an invaluable guide for anyone interested in learning and perfecting shaping details in their knitting. Acclaimed designer and teacher Melissa Leapman distills one of her most in-demand workshops into an authoritative guide that will help knitters understand how designer details and shaping actually work. From a variety of necklines and arm details to different trompe l'oeil shaping techniques that offer a more slimming and flattering look to any garment no matter your body type. Each technique is thoroughly explained with tips and exercised and then showcased in 21 appealing projects that allow knitters to practise their new skills.

In his guide to fitness and nutrition international rugby star James Haskell leads you seamlessly through every step of the journey towards transforming your body and reaching your fitness goals. With an 8-week plan that can be done at home, suitable for those who have not trained before, and a 12-week plan for those who already train regularly, there is something for everyone and James encourages and challenges you to become fitter, stronger and leaner than ever before. Alongside the training programmes James provides detailed advice about nutrition, helping you to understand how to eat to achieve the results you are aiming for, as well as delicious recipes and meal plans to ensure you stay on track. James's ambition is to dispel the fog - to provide clarity, understanding and to motivate as well as inspire you train hard and fuel your training effectively in order to transform your body. If you found James's *Introduction to Becoming and Remaining Rugby Fit* helpful, *Perfect Fit* will help you to take your training to the next level with its more detailed workouts, nutritional advice and recipes.

Discover how the Lane Bryant clothing brand changed the way we buy clothes forever by celebrating bodies of all shapes and sizes in this inclusive picture book biography of a Lithuanian immigrant with a brilliant eye for fashion and business. With stunning artwork from Sibert medalist Juana Martinez-Neal. Lena came to America with nothing but a dream—and an exceptional ability to drape and snip and stitch. She never used a pattern or a tape measure, but every dress she sewed turned out to be a perfect fit. Then, one day, a customer presented her with a new challenge. Could she design a stylish, comfortable gown for a body shape that did not meet the current standards of fashion? Lena took the challenge. Under the company name Lane Bryant, she became famous for flattering and modish clothing designed for all different shapes and sizes. The world of fashion would never be the same.

A user-friendly guide that shows you how to personalize your favorite sewing patterns to fit your own unique and individual body.

No matter how hard she tries, Triangle doesn't roll like the circles, or stack like the squares. She sets off to find friends that look exactly like her. But when she finds other triangles, playtime isn't as fun. She misses shapes that roll and stack; she misses being different. So she starts a new quest.

Leaving a budding Hawaiian romance with eligible bachelor Michael Makura, Andi heads for the Big Apple where she begins dating a great guy and accepts a job offer from a generous, eccentric man. But when Michael appears on the scene, Andi soon comes face-to-face with the man who killed her friend Ava--and he aims to kill her as well.

A festive read where romance meets comedy, set in the picturesque English countryside.

In the picturesque town of Serendipity, New York, three siblings have grown up in the shadow of their proud and respected police chief father. But what do love, fate, and fortune have in store for the next generation of Serendipity's finest? Always feeling like the odd man out in his family, Michael Marsden wanted to make it on his own. So he escaped Serendipity to become an undercover cop in Manhattan, where the Marsden name wasn't known. But Michael's independence is compromised when he returns home to replace his sick father as chief of police. Back in the shadow of his family, he's as lost and restless as ever, until he's challenged by someone he never anticipated. Cara Hartley is the Serendipity cop with whom Mike had a one night stand three months earlier. Neither expected anything more but fate has other things in store. When Mike returns as Cara's boss, the sexual tension between them is impossible to ignore--and the unexpected emotional connection continues to grow. But Cara's a small town girl while Mike has a wanderer's blood in his veins. Both are convinced a future together is impossible. Until Mike's real father's secrets come back to haunt him and he realizes there are some things worth staying and fighting for. Including Cara.

Describes the philosophy of the Daily 5 teaching structure and includes a collection of literacy tasks for students to complete daily.

Fitting is more than learning how to adjust patterns. It is achieving a feeling of self-confidence that comes from knowing that your clothes are comfortable and attractive. Well-fitted garments that are oversized look fashionably loose-fitting rather than baggy; garments that are close to the body allow you to move comfortably because they are not binding. Whatever the style, a good fit eliminates unattractive wrinkles and gaping that draw attentions to problems. *The Perfect Fit* comes packed with clear, easy-to-follow instructions and step-by-step colour photography that will help you master the art of fitting in no time.

When you have successfully completed fitting adjustments on one pattern, you can take similar steps with other patterns and gradually develop expertise through experience. In the process you will educate your eye to see additional improvements worth making. Every time you work through a fitting technique featured in *The Perfect Fit* you will learn something of value. Compiled by the editors of Creative Publishing international (CPI).

"If the Shoe Fits encompasses everything I love about rom-coms. I laughed, I swooned, I smiled. Another hit for Julie Murphy!" —Colleen Hoover, #1 New York Times best-selling author of *Hopeless* If the shoe doesn't fit, maybe it's time to design your own. Cindy loves shoes. A well-placed bow or a chic stacked heel is her form of self-expression. As a fashion-obsessed plus-size woman, she can never find designer clothes that work on her body, but a special pair of shoes always fits just right. With a shiny new design degree but no job in sight, Cindy moves back in with her stepmother, Erica Tremaine, the executive producer of the world's biggest dating reality show. When a contestant on *Before Midnight* bows out at the last minute, Cindy is thrust into the spotlight. Showcasing her killer shoe collection on network TV seems like a great way to jump-start her career. And, while she's at it, why not go on a few lavish dates with an eligible suitor? But being the first and only fat contestant on *Before Midnight* turns her into a viral sensation—and a body-positivity icon—overnight. Even harder to believe? She can actually see herself falling for this Prince Charming. To make it to the end, despite the fans, the haters, and a house full of fellow contestants she's not sure she can trust, Cindy will have to take a leap of faith and hope her heels—and her heart—don't break in the process. Best-selling author Julie Murphy's reimagining of a beloved fairy tale is an enchanting story of self-love and believing in the happy ending each and every one of us deserves.

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