



Size Matters

By Judy Astley

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Size Matters, Judy Astley, Big and beautiful? Or thin and miserable? Jay has always envied her cousin Delphine. While Jay was brought up in a large, noisy and chaotic family, Delphine was indulged, perfectly dressed with a coordinated bedroom, an immaculate wardrobe, dancing lessons and monogrammed silver-backed hairbrushes. Now Jay lives happily with her architect husband and their three teenage children, running a successful cleaning company and trying to keep some kind of order on her disorderly household, while Delphine has long since disappeared to Australia with her second husband. But Jay does sometimes wonder whether she should be more like her cousin - utterly well-organised and with a size ten figure. So Jay decides to diet. But what should it be? High carb, no protein? High protein, no carb? High fibre? Wheat free? Fat free? Food free? She tries them all, with a variety of successes and failures. But then Delphine reappears, with a third husband in prospect and the same old air of apparently effortless superiority. Jay never considers that perhaps Delphine is the envious one.



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Reviews

A whole new eBook with a new standpoint. Better then never, though i am quite late in start reading this one. I discovered this publication from my i and dad advised this publication to discover.

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Here is the finest publication we have read right up until now. It is actually writter in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.

-- **Prof. Vanessa Smitham V**