



The Big Skinny

CAROL LAY

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The Big Skinny

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The Big Skinny CAROL LAY

Here's the skinny: After a lifetime of yo-yo dieting with pills, hypnosis, and ill-informed half-measures, Carol Lay finally shed her excess pounds and kept them off. Now this California cartoonist shares her experiences in a funny, genuine, and eye-popping graphic memoir that tells Carol's story and shows you how you can do it, too.

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