

Chapter 1 : Autobiography Story — Confessions of a Carb Queen [Susan Blech] Books Online

*Confessions of a Carb Queen: A Memoir [Susan Blech, Caroline Bock, Aimee Jolson] on www.nxgvision.com *FREE* shipping on qualifying offers. By the time Susan Blech was 38 years old, she weighed a staggering pounds.*

I think what is most disturbing is the anger and how I felt she was as abusive as she was abused in her life. Her feuds with her brother, her saying she was so scared at the break in but ending up being violent back to the attacker. I have been attacked but never wanted to go down to their level, and her dishonesty about how she made money, really lost the weight etc. I also found her desperation to find a husband both before and after very telling on why she might have put on weight. She was waiting for a man to save her. Be real, she has many sex scenes in this book and seems to be selectively honest. And the omissions are more telling than the on and on about the binges. She is still being secretive and just giving the reader the shockers and leaving out the fact that she did not change all that much, only her weight. I also see her as a fadist, hating fat people including herself ergo, the not wanting to accept herself or other fat people, and her obsession with weight lifting both before and after her weight loss. Why no voting buttons? Anyone who has ever been on a diet, or felt self conscious about themselves Recommended to Kristen by: Even the book cover and design are fun, and make you want to pick up and read. Susan, I am sure, describes herself in a brutally honest manner, which is very commendable, but there are instances where she fits into the harsh stereotype of the "loud annoying fat person". I was hoping to see a different side of a large person by reading the book, and was surprised in instances where she openly plugs herself into that stereotype. For example, pigging out in the car while driving recklessly and blasting Mariah Carey is not really something that I can find myself sympathizing with. Another instance is when she is rude to servers in restaurants I thought that was really obnoxious. I did, however, find her character very sympathetic when she talks about how difficult her sex life was, and how often rejection occurred. I am glad that she decided to take action and save herself through hard work and dedication. It encourages you to look within yourself, admit to your flaws, and try to improve upon them.

Chapter 2 : Carb Cycling Meal Plan {4/2 - 4/9} - Confessions of a Cookbook Queen

Confessions of a Carb Queen takes you on Susan's riveting emotional journey from being a body builder to weighing pounds, then It is definitely a book worth reading if you are addicted to carbs or if you have just been battling weight all of your life.

I think what is most disturbing is the anger and how I felt she was as abusive as she was abused in her life. Her feuds with her brother, her saying she was so scared at the break in but ending up being violent back to the attacker. I have been attacked but Even the book cover and design are fun, and make you want to pick up and read. Susan, I am sure, describes herself in a brutally honest manner, which is very commendable, but there are instances wher Happyreader Despite the overly cutesy title and pink cover, this is a hard-edged, raw addiction and recovery memoir, compelling enough that I read it in a single day. Blech just shared so much raw emotion and so much about, what seems to me, a very self-loathing sex life, I feel like she must be a very courageous person not to have killed herself during her lowest moments. I enjoyed reading her book, even tough it made me uncomfortable - mostly I think because I I was almost embarrassed to read it as such. It is at some times downright appalling, and at others very poignant, but brutally honest indeed. Maybe I read a different edition? The book I read was whiny, repetitive, and it seemed like every other chapter ended with the author giving a guy she met online a hand job. Only finished it because I was hoping it would get better! Ann i loved this book. This lb woman is in a bad place. I hope we get past the crappy childhood and self destructive behavior soon - it is really hard to read! OK, the book ended positively, but there was a lot of destructive behaviour to wade through first. What really got to me was the way this woman so desperately wanted to have a relationship. Being single was not an option for her. Her story really explains the lies she tells herself. It makes you think about all the excuses we use to justify yielding to temptations of all kinds. Her sense of shame that leads to more eating that leads to more shame, etc. I found her message genuine and important. Really entertaining, funny, quick, and it will stay with you long after the book has been shelved. But very good, nonetheless. Christine Grant Completely disturbing memoir about obesity. Mandy As someone who used to be morbidly obese and still struggles with Binge Eating Disorder Not my favorite in this genre, or type. But it was a good honest look at what she went through. Carolynne This started out an interesting account of Susan, a woman with a very serious weight issue. While I was very interested in watching Susan attempt to take control of her life and her health, I was really turned off by her jumping into bed with a different man every month. It is definitely a book worth reading if you are addicted to carbs or if you have just been battling weight all of your life. There are some pretty good healthy recipes in the book also. Suzanne Whew, this book is not for the faint of heart! Mary Ellen Carlson This was a very honest account of Sue, a woman who finally decided at age 38 that enough was enough and set out on a journey to lose pounds without surgery. She was addicted to salty, greasy fast foods and went on binges every night. She worked from home to avoid being out in the world, and needed to learn to eat right, exercise, and love herself in order to finally change into a strong, confident woman. The author writes candidly of her food The author is brutally honest about her life, even down to detailed descriptions of her binges. All I can say about them is: One theme that consistently pops up in these weight loss books is that of self-acceptance. It always seems that self-acceptance comes not necessarily from the weight loss, but from breaking the cycle of self-destruct Jodi At first I was unsure about this book. I started reading this and found it very hard to read. As I got into the book I could not put it down. I actually got on the treadmill twice today. I realized that I eat when I am lonely, sad, bored or emotional. I told my friend about this book and told her about the emotionally eating. I spoke with her tonight after another emotional interaction with someone and she helped me get thru it. I am grateful for Andrea What an amazing story! This book was not at all what I expected and I think that made it even better. When I got the book I was thinking it was going to be a story of how Susan overcame eating too many carbs and lost weight. It describes how Susan came to overeating, what she did to gain so much weight, and what she had to do to overcome it and the things she learned about It was downright graphic and disturbing in parts, but gave such an intense, moving portrait of what it feels like to survive obesity. Her horrific, ongoing self-dialog was

devastating to hear. I think she is incredibly brave to tell her entire story The writing was on about a fifth grade level not the subject matter, clearly, but the adult material, combined with the poor writing made reading this book unpleasant. I disliked the random recipes thrown in here and there, and though her story was somewhat compelling, I had a hard time taking it serious Shannon Renee I would have given this a 1. Still I come away feeling cheated. This book was more about sex than food. I want to know genuine feelings. Melanie I expected horror stories of how many carbs this has or what that food does to you. Susan learns some lessons to help her build a better life. I can see myself in some of her excuses. Her response makes me think about it though! Spook Harrison Really, really liked this one. Blech is a true writer, and is brutally honest in communicating her story, so honest that it brings one to tears. Teena in Toronto It was good and I enjoyed it. Susan moved to Durham to join the Rice Diet Clinic. She was there for more than two years. The program sounds extreme to me but you gotta do what you gotta do I just read some reviews on Amazon and some readers condemned her for apparently gaining some weight back. Cristina Garcia While Susan frustrated me to no end relationship-wise , I really enjoyed this book. Recommended for anyone with a sense of humor who has ever struggled with weight. Excellent before and after photos as well. Kara The book chronicles the tragedy of self-inflicted damage a person can do to themselves, both mentally and physically. With a laundry list of issues, Susan Blech becomes an addict. In her case, her drug of choice becomes fast food. She eventually pulls out of her tailspin, but the whole thing was just too cringe worthy â€” like rubber necking at the sight of a car crash. No doubt many will hear their own inner voices within hers. I know I certainly could, despite the differences in our weights. It is the voice of perception, sometimes placed on us by others How to Lose Two, Four or More! Lessons Learned on the Journey from Fat to Thin A Memoir Stranger Here: A Memoir Browse by Genre.

Chapter 3 : Carb Cycling Meal Plan {3/26 - 4/1} - Confessions of a Cookbook Queen

Healthy carbs are consumed only on certain days and the rest of the days you eat lots of protein and veggies. Unlike Whole30, which I tried and could NOT do, I get stuff like oatmeal and rice every other day, and a cheat meal every week.

She was "only a little chubby," or so she convinced herself. Gripping, sometimes shocking, and ultimately inspiring, Confessions of a Carb Queen is the story of how Susan changed her life to save her life, ultimately losing pounds without surgery. Susan speaks candidly about eating binges, fat sex, and other topics no obese person has dared to address as she recounts her transformation from vulnerable woman to one charged with willpower and courage. Susan Blech gives motivational talks on weight loss. With a contagious sense of humor and dogged insight, Susan Blech tells the ruthless truth about her painful journey back from obesity. Now she is working with kids, teaching them about how to take responsibility for their own health and well being. I read somewhere recently that: Tell me about your life and your work. It is the most inspirational job. I spend an inspiring eight hours a day with most incredible team and with the most incredible clientele. The kids I work with are just sponges for wanting to learn about nutrition, exercise, behavior modification, motivation what is going on with them medically. Our four part program is fully rounded. There is nothing like it out there. I am inspired when I speak to somebody and then months later, whether or not they have lost any weight, they have made changes that have enhanced their lives. Is there a particular encounter or conversation that you have had that stands out? I run a peer support group for fifteen to seventeen year olds. One of the kids in my peer support group raised his hand recently and told me that he went to the corner store with his friends and without even thinking he reached for a bottle of seltzer water instead of reaching for a Pepsi. He went on to share with me that, afterwards, as he was drinking the water, he realized that this is what I have been talking to them about. What is it that you value most about your life right now? Honestly, my life; my health. I have always valued my friends and family. That has always been the most important thing. I value my time I just knew that I needed to make an entire life change: Did I value my time? How do I want to touch people? That was incredibly important to me and no amount of money was going to make a difference. And how do you want to touch people, Susan - ultimately? The deli delivers two everything bagels, toasted, with extra vegetable cream cheese, two slices of American cheese on top of the cream cheese, and a fried egg and a tomato. For a snack, I ask them to include a pint of ice cream or a bag of Milano cookies or a pound of macaroni salad. They know not to screw it up. I start with the pizza place. When I call the Chinese take-out they know my address by heart. The guy who always answers the phone stammers in broken English. I always order the same thing: I leave the downstairs door open and the money on my countertop for each delivery. She leaves her job, moves to North Carolina, and starts a new life on a restricted diet. Her family and friends wish her well hoping that this time, for the thousandth time, the diet will actually work and they will get their Susan back. And this time it does, even with the inevitable setbacks. She learns what food really tastes like, she relishes walking to the front door without having to rest, and she regains her sense of pride. They literally can not get up and walk anymore. It is as if they are just a beached whale. I am helping them, along with the team, to reclaim their life. We are saving generations! We are saving a generation. This is the first generation, by the way, since the civil war, in which children will not out live their parents, specifically because of obesity. That is an incredible wake up call. What is it that you believe most to be true? I believe most to be true that we have to be true and honest with ourselves - first and foremost. With that, comes power. That is really, really the truth. When you take responsibility for your life, take responsibility for your actions, be as honest as you can possibly be, even when it is really hard to do that, you will learn and gain from doing that. What was your journey like -- to get to that place? One of the main things that helped me really get control of my life was that kind of honesty. A lot of what I went through was denial. At five hundred pounds I thought I was just a little chubby. Even now when I am up and down 25 pounds, and it is so hard to lose and then you add another twenty pounds and, "Oh God! I am not being honest with myself! I am just not! Because the alternative is to do what? In place of being that honest? Is that where the blame and shirking responsibility comes into play?

My sisters, my brothers, my family, my friends - during that time I was in denial that everybody else was crazy and I was normal. I was the dysfunctional one, but it was just so hard to be honest about that. My book was written ending with the last 40 pounds that I had to lose; ending with a beautiful life ahead of me, which I have, thank God. But, I am still learning and educating myself. Yet, my story is majorly inspirational. I feel that I am incredibly inspiring and I know that comes through in the book and through in the motivational talks that I give. So how is it that you keep yourself motivated and inspired since that is something that you are always giving away to other people? I take time for myself. I think about my life in quiet moments and reenergize myself that way. I say to myself, what I say to other people, "Is there anything that I want to change about my life? How do I feel about my life? What is it that I want out of life? Where do I want to be in a year or five years or ten years? And, who are the people that are in my life? Are they making me happy? I take those quiet moments for myself. And what is it that you have discovered that you want out of life? What is it that you are looking forward to? I just got married so But honestly, what has happened with my book and the people that I am in touch with I remember when I was body building, I used to pray and say to myself that I just wanted to help people. I just wanted to help people maybe lose weight. I thought that I might want to be a fitness trainer, or something. For instance, one of the things that I am doing at work now is going into the school systems and really trying to figure out what is going on with the cafeteria programs. Now, I am talking about helping people on a much larger scale than what I initially thought I was capable of. I like to listen to people who have been through something; people who have not had it easy. I feel like people who have struggled with something, can tell me "a thing or two". Thank you very much for your advice. I also like to listen to what people have to say who are in the middle of a struggle. Well, the middle of the struggle is different than the end of the struggle and still struggling. When you are in the middle of the struggle you still have stuff that you are dealing with and you are on a high. When you are at the end of the struggle A hundred years from now what do you want to be remembered for? For changing the obesity problem in this country. This is the first generation that will not outlive their parents. We are losing generations. This is about generations of people who have the opportunity to change the genealogy in their families.

Chapter 4 : Editions of Confessions of a Carb Queen: A Memoir by Susan Blech

In "Confessions of a Carb Queen," Blech opens up about her struggle to diet, her history of eating binges, the psychology of overeating and shares helpful advice on how to get healthy.

She was only 38 years old, and the scale registered a life-threatening pounds. In *Confessions of a Carb Queen*, Susan Blech speaks candidly about topics no obese person has dared to address: She explores the psychological component of overeating and the connection between her own binge eating and the aneurysm that left her mother brain-damaged and paralyzed when Susan was a toddler. Customer Book Reviews This is not a fairy tale. I learned about emotional eating, about lying and hiding your eating, about losing sense of yourself, about waking up and not even believing that it is your body that you live in. And I learned about taking responsibility and ultimately control over emotions, over spirit, over body, and over food. I can barely stand up. My calves and ankles are blown into one mass. My stomach folds onto my lap, almost to my knees. Feminine is far away. The Binge to stop her thinking about The Body. So I order nine. I think to myself, See, I can cut back. Most of it take out, and much of it in her car. Luckily or not she worked at home. She began to go out less and less and eat more and more. Going out meant not eating in front of others. Going out meant the possibility of not fitting into a restaurant seat. Once going out meant weighing down an elevator to the point where everyone had to carried out and she had to literally be hoisted like a large whale. New city, new apartment, new clinic, new friends. At the clinic Blech realizes that she craves salt. The minute salt is removed and she starts drinking lots of water she literally drains, peeing all the time and losing pound upon pound of water. She begins to exercise, ultimately finding a personal trainer and a pilates teacher who teach her to move and to walk again. Blech loses pounds a year and leaves the clinic after 2. This is not a fairy tale. Yes, Blech moves back to New York City, goes back to school, and lands a job as a legal assistant at a famous law firm. Yes she wrote a book and has made numerous media appearances, yes she met and married a wonderful man, and yes she has kept the weight off. This is a gritty true life story written from the trenches of emotional and physical pain. I laughed, I cried, I was repulsed, I commiserated, and in the end I was so proud of and learned so much from Susan Blech and the work she had done for herself. This is not a diet book or a weight loss program. In fact, she does not even completely back the Rice Diet program. This is simply the story of a woman who lost a large amount a weight and it can inspire you to do anything you currently think is impossible. Did you ever wonder what Jewish people do on Christmas By Sheryl Brotman on Dec 27, I tore into this book on Christmas Eve, read it cover-to-cover, and was done in time for the traditional Christmas dinner of Chinese take-out! Thanks, Susan, for making my ridiculous thoughts and feelings, seem almost normal! This book was as addictive as the donut on the cover! It made laugh and cry - and shocked the hell out of me! Blech lays it all out like no one has before. She takes you into her mind and through her struggle in a way I know will always stay with me. And, oddly enough, this book made me very hungry But, as she says in her book, LIFE happened and the rest was history. Thankfully, at the age of 38, Susan took back her life and lost pounds. Anyone who has ever been obese will relate to these stories because they hit home. Susan moved to Durham, North Carolina to lose the weight This little square book reads like a riveting suspense novel and will entertain, educate, and motivate you to start doing some confessing of your own. This book and loss By J. McGregor on Jan 22, This book is not a diet book. Instead it is a story of a woman, who because of pain and loss, entombed herself in layers of fat. How she fought her way out of that tomb and became a whole person is the lesson of the book. Now that she is whole again, and can better deal with pain and loss. A must read for any woman, and even some men. I read it in one sitting and was very moved. Not what I was looking for Schindel on Mar 17, I give the author praise for sharing her story. There was a lot of pain in her early childhood and it explained a lot about where her eating disorder stemmed from. However, I was looking for a book that would inspire me and that I did not find. For me, there was much too much explicit detail concerning her binges and sex life, and not nearly enough about her recovery and what she learned about herself. I found the book dark. It seemed like the little bits of positive recovery she shared, were wrapped in thick layers of trips to endless fast food drive-thrus and all of the men she seemed compulsive about meeting. I

applaud the author for her recovery, but I did not like the book. Lets talk about Honesty here By Diane Helen on Feb 24, After reading about Susan Blech in I think it was People Mag, and hearing about her story, and finally buying her book, I was for a short term encouraged that someone actually can lose a substantial amount of weight AND keep it off. I read all the reviews here and see that many are finding Susan to be some sort of beacon for permanent weight loss. So, when I heard she was making an appearance on the Sunday Today show, I was eagerly awaiting her segment. I was shocked to actually see her, and more shocked at the Today show for not commenting about her weight GAIN! She is not at ALL close to what her website pictures, or the magazine article, or the today show promo pictures show. She has gained back, from rough guess close to pounds, maybe more. Lets have some honesty here about a subject near and dear to my own chubby heart. Losing weight is one thing, but keeping it off seems to be the holy grail. Susan Blech, has NOT won the battle by a long shot. And to keep it totally real an honest, she should discuss this and not just keep promoting her book as the beacon of lifestyle change, when its clear she has gained back enough to prove once again, NO ONE is ever cured from this excruciating curse. Come on Susan, lets get real here. Dissapointed that this book is being touted as having some reality, when in fact, its just another been there done that story.. I too have lost weight, and regained, and am struggling to get it back off, but the difference for me , is I did not write and prosper from a book, and I admit that I regained weight Honest and Compelling Memoir By Carole Glauser on Jan 01, Thank God Susan has the courage to be so blunt and honest in this compelling memoir about finding her way back to her life and body after being completely detached and lost. I could relate to so very very much that she wrote: I drove myself from St. Louis to Durham to stay the month of June at the Duke Diet and Fitness Center and then returned for two weeks in August and two more weeks in November. And currently, I just hit a milestone as I weighed myself on Christmas morning and hit the 80 pounds lost mark. I aspire to be and have no reason to doubt that it will happen the success story and inspiration that Susan is and surely will be for millions of others that will encounter her triumphant tale! What I got was a book that was full of triggers [those with weight to lose or eating disorders certainly know what I mean by triggers! At one point, I found myself wondering if she were going to pay for her stay in Durham as a phone sex operator. Brave and Very Honest By K. She is an inspiration for those of us who have feared that we would never be able to stop eating or to succeed in changing our lives. Her writing style makes for a fast read, and I had difficulty putting the book down, easily finishing it in two sittings. I am grateful Susan was willing to share her story. I did not get that at all. I honestly feel like the author needed serious psychiatric help not saying that flippantly to be mean, but the book showed a lot of deep-seated issues, not just a food thing and I honestly hope she got help. Either way, there is no inspiration or fun, just a really sad story of desperation and extreme, ridiculously expensive methods of MAJOR yo-yo dieting. May I recommend instead - "Half Assed: I want to know more. I want to meet Susan in person. Be friends in fact! It was a nice change from all those feel good no matter how fat you are books. Or a trillion dollar paid actor with every advantage known to man telling you how to lose weight. This is the real deal. This is how she really felt. This is how any normal person would feel. I appreciated her honesty. I could relate to Susan. It was heart breaking.

Chapter 5 : Author, Susan Blech | Inspiring People | Living Louder | www.nxgvision.com

In Confessions of a Carb Queen, Susan Blech speaks candidly about topics no obese person has dared to address: fat sex, eating binges, the lies you tell others, and the lies you tell yourself.

Chapter 6 : Confessions of a Carb Queen (December 26, edition) | Open Library

Gripping, sometimes shocking, and ultimately inspiring, Confessions of a Carb Queen is the story of how Susan changed her life to save her life, ultimately losing pounds without surgery.

Chapter 7 : Confessions of a Carb Queen: A Memoir by Susan Blech

DOWNLOAD PDF CONFESSIONS OF A CARB QUEEN

In Confessions of a Carb Queen, Susan Blech speaks candidly about topics no obese person has dared to address: fat sex, eating binges, the lies you tell others, and the lies you tell yourself. She explores the psychological component of overeating and the connection between her own binge eating and the aneurysm that left her mother brain-damaged and paralyzed when Susan was a toddler.

Chapter 8 : Confessions of a Carb Queen (Audiobook) by Susan Blech, Caroline Bock | www.nxgvision.com

My carb cycling meal plan makes eating good EASY! I've got everything you need to get you through the day, plus dinners the whole family will love. Hey guys, hey! I'm a little late due to the holiday weekend, but here's my carb cycling meal plan for the week! If you missed last week's post.

Chapter 9 : [PDF Download] Confessions of a Carb Queen: A Memoir [Download] Online - Video Dailymotion

In Confessions of a Carb Queen, Susan Blech speaks candidly about topics no obese person has dared to address: fat sex, eating binges, the lies you tell others, and.