



My Big Bottom Blessing: How Hating My Body Led to Loving My Life

Teasi Cannon

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The media feeds us distorted images of beauty and what an "ideal woman" should look like. *In My Big Bottom Blessing*, author Teasi Cannon offers a way out of distorted body images and the pain of self-rejection. She says, "My obsession with fat and failure robbed me of a lot of the good in my life. I have been miraculously set free from the lie that being thin equals being beautiful."

My Big Bottom Blessing offers Teasi's story--and real-life solutions for the millions of women who struggle with poor self-esteem and feelings of inadequacy and rejection. Whatever it is that you despise most about yourself (it doesn't have to be weight) can become the catalyst for serious life change. Teasi's story proves that emotional pain can be healed and self-confidence found from knowing that beauty comes in all shapes and sizes.

My Big Bottom Blessing is a joyful, compassionate, and wise guide from someone who knows the power of exchanging the way we look with a new way of seeing.

Endorsements:

"The healing truths and humor in this book have been like a song to my spirit. Every woman will find herself--and a new way of seeing--in this life-changing book."

--**Wynonna Judd**, five-time Grammy winner and *New York Times* best-selling author of *Coming Home to Myself*

"Regardless of what you weigh or the crazy diets you may have tried, *My Big Bottom Blessing* will set you free from the numbers game, to embrace God's beautiful best for your life!" --**Constance Rhodes**, founder and CEO, FINDINGbalance and author of *Life Inside the "Thin" Cage: A Personal Look into the Hidden World of the Chronic Dieter*

"If you are tired of being defined by your pant size or three little numbers on a scale, *My Big Bottom Blessing* is for you. Snappy, authentic, and powerfully written, Teasi has finally given real women something BIG to cheer about." --**Allison Allen**, Broadway actor and author of the forthcoming Windblown novel, *The Magdalene*

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Mark Malek:

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