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Read My Hips: How I Learned to Love My Body, Ditch Dieting, and Live Large

Kimberly Brittingham

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Read My Hips: How I Learned to Love My Body, Ditch Dieting, and Live Large Kimberly Brittingham Kim Brittingham struggled for years with her weight and body image before she learned how to love her self unconditionally, find her confidence, and fully enjoy her life. In this unflinching, humorous, and uplifting memoir, she openly explores her complex relationships with food and dieting, sex and dating, and exercise and health, ultimately inspiring every woman to live life to the absolute fullest, no matter what your jean size.

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