



Eating Ice Cream with My Dog: A True Story of Food, Friendship, and Losing Weight...Again

Frances Kuffel

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"A skilled blend of insight...and emotion" (*Publishers Weekly*), a memoir for every woman who has ever tried to lose weight.

Frances Kuffel transformed her life by losing 188 pounds. Unfortunately, she gained over half those pounds back. But she also gained four new friends during this period, whom she met online. Frances, Lindsay, Katie, Mimi, and Wendy bonded quickly, dubbing themselves the Angry Fat Girlz. In *Eating Ice Cream with my Dog*, Frances Kuffel shares a candid and witty account of one year in which five women diet and eat, lose and gain, exercise and survive injury--and struggle to find their best selves.

Previously published as *Angry Fat Girls*.



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