



# Confessions of a Carb Queen: A Memoir

*Susan Blech, Caroline Bock*

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## **Confessions of a Carb Queen: A Memoir** Susan Blech, Caroline Bock

When her doctor told her she could suffer a stroke just by walking across the street, Susan Blech knew drastic action was called for. She was only 38 years old, and the scale registered a life-threatening 468 pounds. Rejecting the idea of gastric bypass surgery, Susan relocated to Durham, North Carolina, giving up all that was familiar and \$70,000 of her life savings to devote herself to losing weight and getting healthy on the famed Rice Diet.

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. Her gripping story--a blend of memoir, advice, and delicious, health-conscious recipes--is a testament to her personal strength and willpower, and will be an inspiration to all who read it.

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