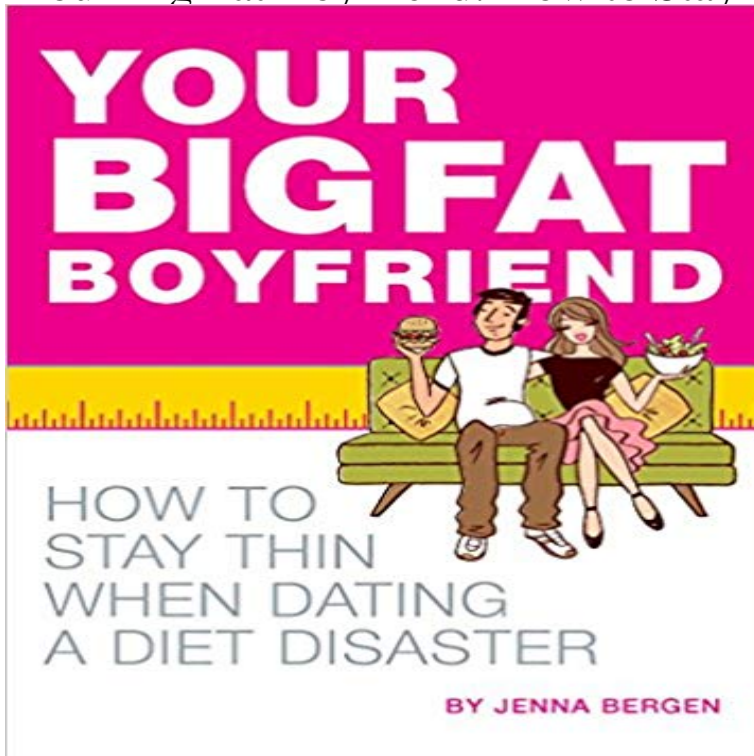


Your Big Fat Boyfriend: How to Stay Thin When Dating a Diet Disaster



Warning: Your Boyfriend Is Making You Fat So youve found Mr. Right (or maybe just Mr. Right Now). Unfortunately, youve also found that Mr. Right carries some baggage: his disastrous eating habits. Whats worse is that his terrible diet is affecting your waistline! Studies show that women in relationships often gain weight due to the influence of their partners unhealthy eating habits. Your Big Fat Boyfriend explores this phenomenon and how you can combat it without alienating your fast-food-loving sweetie. Inside youll discover: How to eat healthy when dining in not-so-healthy places Creative ideas for active dates to keep you both moving The differences in male and female metabolismsand why you cant eat like he does What to order when your guy insists on a trip to the drive-thru Healthy recipes that taste great and wont leave your guy hungry And much, much more! Complete with humorous first-person accounts and easy-to-read charts, Your Big Fat Boyfriend is perfect for any girl in love with a diet disaster.

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