

MORE of the fit woman's secrets

Lorna Jane Clarkson

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Author : Lorna Jane Clarkson

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From Reader Review MORE of the fit woman's secrets for online ebook

Tim says

Clarkson's brilliant social satire is written from the vague perspective of a mystic materialist on a misguided quest for self-fulfilment. Follow the hilariously likeable and vacuous protagonist as she mistakes egoism for altruism and prescribes her readers with pop psychology & inspirational quotes siphoned from the bowels of internet search engines.

Writing with great restraint and subtlety, the author carefully exposes the insidious trend towards constant self-improvement. This masterpiece of modern literature serves as a cautionary tale for those who seek to validate their self worth through the consumption of overpriced fitness clothing. A bold expose of contemporary living, this frightening parable of greed and vulgarity presents a startling image of a woman imprisoned by her own excess and ego.

Provocative. Ingenious. Horrifying. Original. A dazzling parodic vision presented in one slim volume. A must read.

Kathryn Spazz says

I lived it it has so many awesome recipes in it

Catherine says

I like Lorna even more after reading this book :)

P says

I honestly felt that this book was just propaganda for Lorna Jane. There were some interesting motivational quotes through it - but I honestly didn't get much out of it.

Anne D. says

MORE.... money for Lorna Jane Clarkson? Little substance in this one. If you already read the MNB website, you don't need this book.

Catherine says

Lorna Jane <333

Leigh Field says

This is a great healthy lifestyle book that's fun, colourful and delightful to read full of positive messages to inspire a healthy lifestyle with great nutritious recipes. I would definitely recommend this book to another girlfriend (primarily focused on women) wanting to feel healthier or lose weight the best way. The tiny and only little issue I notice if its an issue is that Lorna is hasn't got much depth. And yeah their that advertising her brand. But if you don't mind it and looking for a book for someone health then this is the book for you. Love this book!

Jess says

Wonderfully inspiring read

Tracy says

Inspirational

Christine says

I am editing my rating of this book this morning and adding a review. I found the first 1/3 of this book to be extremely motivational and helpful as I am starting the new year and trying to get back to a healthy lifestyle. The reminders to schedule one's time in a way that matches one's values and priorities is one I feel I need on a regular basis. The book itself is beautiful and I tore out several things and pasted them into my journal. I believe the remainder of the book could be very inspirational and useful for someone who wants to start their own business.

Sasha Wirth says

So inspirational and great recipes! It's the book I turn to when I need to inject some positivity into my day and remember the important things in life. Simple life lessons through the success story of AU fitness clothing guru Lorna Jane Clarkson.

Rachael says

A couple pages in and I was already inspired! Loved this book!
