



Something to Think About: Reflections on Life, Family, Body Image & Other Weighty Matters by the Queen of Rubenesque Romances

Pat Ballard

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Pat Ballard's homespun wisdom shines in this inspirational collection of short essays, quotations and poetry that encourages readers to love themselves, friends, and family and follow their dreams -- while not taking guff from anyone. Ballard is also the author of *10 Steps to Loving Your Body (No Matter What Size You Are)* and romantic fiction featuring big beautiful heroines.

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