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Falling Through the Cracks: Feel alive and thrive

Monday at 9 AM Pacific

September 19th 2016:How I Gave up Dieting and Got A Life

"No one is broken. I've never met anyone who was broken." - Big Girl: How I Gave Up Dieting and Got A Life Kelsey Miller took on a life changing challenge to embrace a new way of eating. In a society that pressures women to look a certain way, she definitely felt this pressure while growing up. She took years of yo-yo dieting and poor body image, and decided to face her fears and recreate her relationship with food. She embraced "Intuitive Eating" and went on the arduous journey to train herself to listen to what her body needed and craved, instead of binge eating, fad diets and late

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Featured Guest

Guest Image

Kelsey Miller

Kelsey Miller is the author of Big Girl: How I Gave Up Dieting & Got A Life. Kelsey graduated from Boston University with a BS in Film & Television and began her career in the film production industry before transitioning to full-time writing. After joining the staff of Refinery29, she created The Anti-Diet Project, one of the website's most popular franchises. She lives in Brooklyn, NY. Kelsey Miller took on a life changing challenge to embrace a new way of eating. In a society that pressures women to look a certain way, she definitely felt this pressure while growing up. She took years of yo-yo dieting and poor body image, and decided to face her fears and recreate her relationship w

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