



Mates, Dates, and Chocolate Cheats

Cathy Hopkins

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Hey listen guys. I need you to tell me something and I want you to be really really honest . . . Sounds serious" said Nesta. "It is. I want you to tell me, do you think I've put on weight? Nesta, Lucy, and T J looked at each other. "No" said T J after a moment too long. "Not really. Well, we all did a little on the school trip. So no more than the rest of us" Izzie has always been "curvy" but since Christmas she has gained eight pounds, and nothing seems to fit anymore. In an attempt to lose weight, Izzie tries everything: one diet after another, a punishing exercise program, and every bit of conflicting advice anyone can give her. Her constant worrying about her weight causes her to lose her confidence, and she stops appreciating the things in her life that are special -- her supportive friends, the fact that she has been selected for a TV teen panel, and a cute boy at the TV studio who seems to like her just the way she is.



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From reader reviews:

Ray Davis:

Spent a free a chance to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Mates, Dates, and Chocolate Cheats can be good book to read. May be it could be best activity to you.

Delores Nault:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book Mates, Dates, and Chocolate Cheats it is rather good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space to create this book you can buy typically the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book possesses high quality.

Rose Hilton:

Reading can called brain hangout, why? Because when you find yourself reading a book specifically book entitled Mates, Dates, and Chocolate Cheats your mind will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging every word written in a publication then become one application form conclusion and explanation in which maybe you never get prior to. The Mates, Dates, and Chocolate Cheats giving you one more experience more than blown away the mind but also giving you useful details for your better life within this era. So now let us present to you the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Lauren Robinson:

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