



The Goodbye Cookie: A Memoir About Never Giving Up

Marcia Meislin

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The Goodbye Cookie: A Memoir About Never Giving Up Marcia Meislin

As a young girl, Marcia Meislin craved much more than food. But as her weight escalated, she kept feeding this hunger with cookies and snacks, eventually reaching 300 pounds. Despite a successful career as a sought-after public speaker, Marcia couldn't feed her deep emotional hunger—and while she tried multiple diets, therapies, and two weight-loss surgeries, Marcia's life didn't change until her focus shifted from the number on the scale to the cravings at her core. This tearful and triumphant memoir chronicles Marcia Meislin's liberation from the hell of food addiction and obesity, and lights the way to a life of self-acceptance, fulfillment, and joy. It is a recipe for hope.

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