

Enough: A Big Girl's Journey to Lean

ONE WOMAN'S JOURNEY THROUGH ABUSE, EATING DISORDERS AND OBESITY TO REALISING SHE IS ENOUGH.



WHY THIS BOOK MATTERS:

- » Angela Cox lost over 8 stone in a year to become the best version of herself by 40.
- » New book *Enough* is part memoir, part manual, sharing tips, tricks and rituals to become the best you.
- » Her Facebook group 'A Big Girls Journey to Lean' quickly grew over 21,000 members.
- » Angela talks honestly about suffering sexual abuse as a child.
- » Finally, at age 40, Angela was officially diagnosed with PTSD, Bulimia and a Binge Eating Disorder.

At 37 years old Angela Cox was 19 stone and 5 lbs, she had spent a lifetime yo-yo dieting, binge eating and suffering from bulimia – until she said to herself enough. Inspired to become the best version of herself by 40, Angela started to hold herself accountable for her decisions and managed to lose over 8 stone in a year through following a healthy eating approach and exercising regularly.

She has written her new book *Enough*, part memoir and part manual of her tips, tricks and rituals to become the best version of you. The book is an inspiring and honest look into Angela's life and the lessons she has learned on her journey to meet her new self.

A nine-year old's journey to becoming a big girl...

Her journey from big girl to lean lead her to face disorders which had shadowed her life since she was a child. Angela was sexually abused at age six by her step-grandfather and at age nine by another adult close to the family, she was pressured into silence about sexual abuse which would continue throughout her childhood.

It was here Angela started her battle with binge eating, taking food in secret and consuming it quickly without anyone knowing. Having this secret of her own helped Angela cope with trauma, it wasn't until thirty years later she would fully understand this relationship, when she was diagnosed with Post Traumatic Stress Disorder, Bulimia and a Binge Eating Disorder.

As a young teenager Angela was sexually abused by another girl, causing her eating disorders to spiral as she began a constant cycle of bingeing eating food in secret and resorting to drinking salt water and laxatives to try to lose weight.

This negative relationship with food would continue throughout a successful

career as a business consultant, two marriages, one divorce and the birth of two children.

Saying 'Enough'

While Angela had tried different diets before, the breakthrough moment came in January 2016 when she made it her resolution to become the best version of herself before she turned 40. She signed up to Joe Wick's 90 Day Plan with a friend, sticking to the eating plan and exercise routine 100% with the support from a Facebook group.

After the first 90 days she had lost 15kg, she posted her transformation pictures online and got picked up for Joe Wick's Hall of Fame. This started something unique for Angela, she gained confidence to start writing about her journey on social media, starting 'A Big Girl's Journey to Lean' Facebook group which now has over 21,000 members!

Life as a leanie!

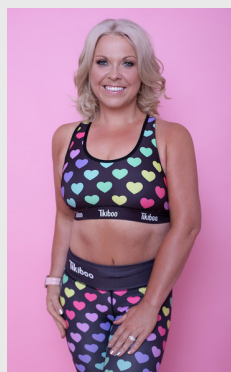
Angela's journey has helped create a platform for men and women who are trying to become the best versions of themselves. She regularly posts exercises and inspirational advice on the group, while encouraging everyone to share their own experiences – creating a safe place for people to motivate each other to achieve change in their lives.

Following the whirlwind year after becoming a Leanie, Angela has spoken at motivational seminars, had a tummy tuck to remove loose skin after losing the weight, and has changed careers to become a life coach and motivational speaker.

Enough by Angela Cox is out now, priced **£10.99**.

To find out more go to: www.angela-cox.co.uk
Instagram / Twitter: @coxange78

BEFORE AND AFTER



Exclusive articles and interviews available:

Angela Cox is available for expert comment, interview and to write by-lined articles on a range of different topics, including:

What people don't understand about Binge Eating.

Stop Making Excuses: How to make time for fitness

Accountability: One of the main reasons your diet isn't working

How to get started with exercise

Top 10 Tips for A Successful Lean Journey

In defence of the tummy tuck: Why cosmetic surgery can be an essential part of a weightless journey.

Why are more women turning to weight training?

Dangers of the word 'Diet'

For further information, an interview with Angela Cox, a guest article or a review copy of *Enough*, please contact:

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