



The Big Butt Blessing: How Hating My Body Led to Loving My Life

Teasi Cannon

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In an ironic chain of events, the very thing Teasi Cannon hated most about herself became the catalyst for the greatest, most life-changing healing to come her way. After years of crying out to God for weight loss success and a new body, an answer came. Though the answer wasn't exactly what she was looking for, what she received was far better than a few lost pounds. Cannon not only regained her will to live, but also came to realize both a joy for life that she'd never had and a much-needed emotional healing from abuse in her past.

The Big Butt Blessing is a transparent testimony written to bring encouragement not only to women who struggle with body-image issues, but also to anyone locked in debilitating cycles of emotional pain. This book shows how it is possible to have a completely changed self-image with or without physical change. It is also proof that what one might perceive as a curse on her life could be her biggest blessing in disguise.

Teasi Cannon is a middle school teacher and writer. With her husband, Bill, she has developed and led several workshops focused on helping people get freedom from emotional pain and life hindering cycles. Cannon's passion for helping others led her to pursue a Master's Degree in Pastoral Counseling with Liberty Theological Seminary. She lives in Thompsons Station, Tennessee with Bill and their three children.

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