



The Fat Girl's Guide to Life

By Wendy Shanker

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The Fat Girl's Guide to Life By Wendy Shanker

Wendy Shanker is a fat, healthy, beautiful girl who has simply had enough. Enough of family, friends, co-workers, women's magazines, even strangers on the street, all trying (and failing) to make her thin. She finally decided, "If I can't take it off, I'm going to take it on."

With a mandate to change the world-and the energy to do it-Wendy shows how media madness, corporate greed, and even the most well-intentioned loved ones prey on our shrink-to-fit minds, if not our shrink-to-fit bodies. She invites people of all sizes, shapes, and dissatisfactions to trade self-loathing for self-tolerance, celebrity worship for reality reverence, and a carb-free life for a guilt-free Krispy Kreme.

Wendy explores dieting debacles, full-figured fashions, and feminist philosophy while guiding you through exercise clubs, doctor's offices, shopping malls, and even the bedroom. She believes that you can be fit and fat, even as the weight loss industry conspires to make you think otherwise. *The Fat Girl's Guide to Life* invites you to step off the scale and weigh the issues for yourself.

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The Fat Girl's Guide to Life By Wendy Shanker Bibliography

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Editorial Review

From Publishers Weekly

This send-up of the thin-is-in mentality is funny enough to make even diehard dieters consider replacing their baby carrots with Krispy Kremes. Shanker, one of Us Weekly's Fashion Police commentators and a self-proclaimed fat girl, estimates she's spent 16 years trying to lose weight: "I've met with seven weight loss specialists, worked with three nutritionists and three personal trainers, tried a dozen weight loss programs, taken thousands of pills, joined six gyms, read thirty-one books and spent enough money on weight loss to buy myself an Ivy League degree." Out of this context, Shanker takes on the media, corporate America and even the medical establishment, arguing with their belief that it's impossible to be both fit and fat. "Let's take the focus off 'fat' and put it on health," she lectures. "Let's take the focus off 'skinny' and put it on good common sense. Let's take the focus off body image and put it on education, women's rights, human rights, the economy, baseball cards, anything." Although Shanker's opinions on full-figured fashion and feminist philosophy are entertaining, she's at her best writing about her stint at Duke Diet and Fitness Center, one of the country's oldest and most successful weight management centers. As her optimism about the hardcore Duke University Medical School program flags, her diary of adventures becomes increasingly irreverent, refreshing and human. Anyone who has ever tried to lose a pound will gain confidence and a sense of humor from Shanker's story.

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Review

"This bold, brainy book debunks obesity myths, examines society's prejudices and tells heavy gals they can be fat, fit and fabulous!"

"Jagged little pills of body-image wisdom."

."funny enough to make even diehard dieters consider replacing their baby carrots with Krispy Kremes."

"This frank and funny look at living large in America will resonate with any woman who has obsessed over her body image."

""The Fat Girl's Guide to Life" is chicken soup for the big girl's soul."

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"Funny, feminist, fat, friendly, and fierce. It's food, it's fulfilling."--Eve Ensler

"Put on your seatbelt and enjoy the fun-filled, wacky ride!"--Emme

About the Author

Wendy Shanker is the resident humor columnist for *Grace* magazine and is a former host of the Oxygen Channel's *She-Commerce*. She's appeared on *Lifetime* and *The Ricki Lake Show*, and has contributed to *Cosmopolitan*, *Marie Claire*, *Us Weekly*, and *Teen People*, as well as *Bust* and *Bitch*. This is her first book.

Users Review

From reader reviews:

Nora Mickey:

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Irene Gamino:

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Angel Martinez:

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Isaiah Owens:

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