



The Fat Girl's Guide to Life

Wendy Shanker

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Vibrant, vivacious, and gorgeous, Wendy Shanker is a fat 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. Written in Wendy's wonderfully funny and candid voice, *The Fat Girl's Guide to Life* provides thought-provoking insights, statistics, and body-image resources intended to restore a realistic standard of beauty and self-acceptance to the 68 percent of American women who wear a size 12 or larger. *The Fat Girl's Guide to Life* invites you to step off the scale and weigh the issues for yourself.

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