



SMART PRETTY
SKINNY STRONG
POPULAR COOL
CHUBBY LARGE
BIG **FAT** PLUMP
BAD **KIDS** LAZY
DREAMS LIES
DIET MYTH LIFE

Truth and Consequences

REBECCA JANE WEINSTEIN

author of *Fat Sex*

Rebecca Jane Weinstein

Fat Kids: Truth and Consequences (Fat Books)



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Important Book for Anyone who Cares (or should care) about Fat Kids (or Adults who were once Fat Kids) Growing up fat is usually complicated, a lot more complicated than it requires to become. I was a fat child and I am right now 56. At some time in my 30's I realized that the endless dieting cycles of shedding and gaining and shedding and hating myself was much worse for me personally than the additional weight. Everyone who was simply a fat kid, has a fat kid, works together with fat children (hey teachers and DOCTORS -- I'm speaking with you) needs to read this book. While the emotional aspects of the book were certainly heartbreaking, I was really pissed off by how, in some instances medical problems unrelated to fat (asthma, Type 1 diabetes) were overlooked as the problems were blamed on exclusively on pounds. The disconnect between our two views affected much of our romantic relationship while I was developing, and nonetheless, with two children of my very own. To my mom, she was always unwanted fat and ugly. On what a whole industry grew up around "fixing" fat kids--"Collateral Damage in the 'War about Obesity'. This is a really, really great book. It offers so much insight into what life can be like as a fat kid and how those encounters affect so many aspects of people's lives. It's essential read for anyone who was simply a fat kid, or who has extra fat kids. It also gives a great deal of technology about being fat and stuff that I think many people would rather ignore. Fat Kids: Remembering is usually healing Like salve to my wounds from a war on weight problems, I didn't want to place this book down. That is a collection of experiences and interviews, plus one very helpful perspective from psychologist Peggy Elam, Ph. Only right now, in my own 50s, am I starting to heal. Insightful and well crafted, this book compassionately highlights the necessity for more sense when dealing with kids and pounds. You will like it. An emotional truth wrapped in the pages of a book. I couldn't put it down. A SIGNIFICANT Book, Voices from Real Kids So much of what passes for "helping" fat children includes throwing them beneath the bus and blaming them for getting tire tracks on the clothes. Being fat is not a straightforward life to live in this society. Perfectly written, even though some of the stories provide a lump to the throat and a tear to the attention. One tale that struck me hard can be Bettina's - a woman who as a child pelted a fellow pupil with questions and titles, as a bully nearly aware of her power or cruelty. In the event that you were a fat kid, understand a extra fat kid, are fat at this time, or would just love a good examine, don't hesitate. I highly recommend purchasing this publication. The heart breaking tales brought tears to my eye. This publication is testimony to what happens when parents, teachers and actually doctors make an effort to protect their children by firmly taking actions that harm their kids way more compared to the thing they are trying to protect against. This war did not just start recently, I've been feeling it's results for a lifetime. Must read! This will be needed reading for anyone affected by 'fat. The whole topic is a lot more complex than we are resulted in believe, and this book shows us why. I was presented with a duplicate of the publication in exchange for a genuine review, and I can genuinely recommend it to anyone who would like to really understand this issue that causes so much hysteria. Being fat isn't a straightforward life to reside in this society Opened the book being unsure of what to expect." Many of the experiences had been heart-rending, but We strongly believe that it's important to respect and listen to what actually happens to people, particularly if their experiences are consistently devalued.' I've watched my mother struggle with her weight my entire life - and I know she struggled before I was born. Jane gives a fantastic insight into the way the war on excess fat hurts children therefore badly. I will be sending them this reserve with a note attached. In the last 15 years I've had several doctors neglect to address some important health issues because my extra 30 lbs was like a fire that required extinguishing. This tale will strike others as familiar, I know it's been repeated countless instances across this

hefty country. Fat is certainly a touchy subject matter, a torch to become carried or a lash to end up being wielded – there are few people, especially in America, that are ambivalent to ‘Excess fat. This volume is amazing in the depth of material it tackles and the emotion that can be felt throughout the pages. I am not alone, something that became even more obvious as I read “Unwanted fat Kids: Truth and Outcomes” by Rebecca Jane Weinstein. READ THIS! The 1st part of this book relays individual tales of some collected souls, a relative of Mama Cass, survivors of extra fat camps and others. Must Read Fat Kids: Truth and Consequences is certainly a must-read for anyone who works with kids, whether parent, instructor, doctor, nurse or other care-giver. As she grew old, she recognized her trespass against the one she dubbed ‘Fleshy.’ Tries to locate him turned up nothing. Reading this tale I had the feeling it was likely to culminate in a horrific fate for Fleshy, but it didn’t – it passed like the majority of things in life do, which in some way struck me as actually sadder. These tales are followed by other sections that are no less compelling; including the science behind excess fat, drastic measures, the collateral harm of dieting and so much more. Liquid and thoughtful, this reserve is exceptionally well crafted with familiar moments and themes which will speak to everyone. Jane gives a fantastic insight into how the war on body fat hurts children . Excellent mix of personal stories and interviews with a scientist, a popular personality, etc.. Mandatory read for fat studies student. If you ask me, my mother has always been gorgeous, the epitome of what femininity should and may be. Heart searing, idea provoking a emotional roller coaster of a book. Have you got or were you a fat kid?’ We’ve been taught to crave it and fear it, eat it and diet it away, love and loath it – which discord has been decades in the making. An absolutely fascinating book, different viewpoints of how fat is dealt with in society. Reading the publication helped me discover that I Many thanks Rebecca for writing a very insightful book. I would urge studying to the end because the interview with Daniel Pinkwater rounds out the collection (pun optional) with a wonderful attitude that made me smile. Hit’s the location.. Glad this is on my "shelf".



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