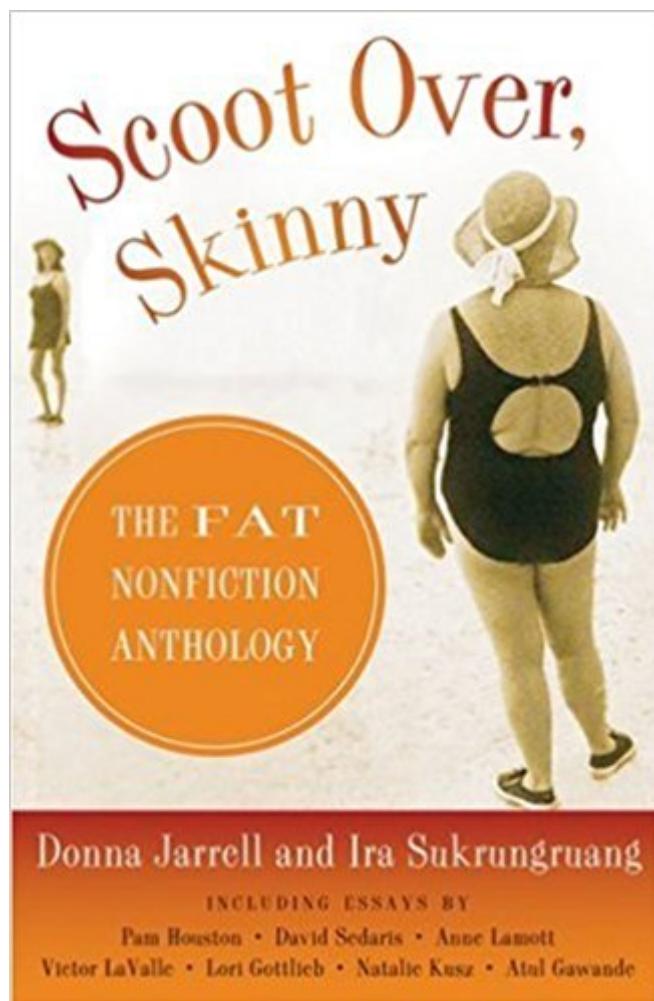


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# Scoot Over, Skinny: The Fat Nonfiction Anthology



## Synopsis

As Americans are the fattest people on earth, the fat, the formerly fat, those who feel fat, and those who fear fat encompass just about all of us. In this surprising collection of pieces, almost half of which are original to this anthology, some of our most lively, provocative writers explore the many folds of fat that make up reality. From David Sedaris's hilarious assessment of his father's fat prejudices in "A Shiner Like A Diamond" to Anne Lamott's self-prescribed cathartic weight loss remedies in "Hunger", Pam Houston's rich literary panorama in "Out of Habit I Start Apologizing," and psychiatrist Irving Yalom's deeply moving confrontation of his own biases in "Fat Lady," each piece in its unique way deals with fat as a matter of fact. Sometimes funny, sometimes angry, often illuminating and always engaging, these writers make a new and compelling case for why we should make room for a bigger behind.

## Book Information

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## Customer Reviews

Despite the obesity epidemic that plagues America, fat people remain such a reviled and marginalized group that contributor Natalie Kusz observes that they are often perceived as "invisible" by other Americans. This wonderful collection of reprints by or about overweight people; arranged by the editors of 2003's *What Are You Looking At?: The First Fat Fiction Anthology*; may help to change all that. Some of its essays, like Michael Martone's "Sympathetic Pregnancies," describe the author's ceaseless struggle to establish a healthy and stable relationship with food; others, like Pam Houston's "Out of Habit, I Start Apologizing," detail the author's complicated relationship with her body. Also

illuminating are the essays by writers who are not fat themselves but who entered into a relationship with an overweight person, such as Lori Gottlieb, a former anorexic who dated a 300-pound man, and Irvin Yalom, a psychoanalyst whose treatment of a 250-pound woman prompted him to evaluate his own feelings about fat people. Atul Gawande's "The Man Who Couldn't Stop Eating" makes it clear that losing weight and keeping it off is no easy feat: the vast majority of dieters regain "one-third to two-thirds of any weight lost within a year"; and all of it within five years." One of the collection's most disturbing entries is Sarah Fenske's "Big Game Hunters," which records several men's candid discussion of "hogging," or targeting fat women for casual sexual encounters. Fenske's piece, and several others, suggest that we have a long way to go before fat people's emotions, needs and experiences are accepted as respectfully as those of others. Perhaps this varied and often moving collection can serve as an effective catalyst in that direction. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

PRAISE FOR WHAT ARE YOU LOOKING AT?"[A] singular and delightful anthology . . . Compelling in its honesty and surprising in its range."--Publishers Weekly

A few essays in this book merit reading. Natalie Kusz's "On Being Invisible" speaks honestly about the pain of growing up fat and the way many of our relationships render us unseen. David Sedaris's "A Shiner Like a Diamond" had me laughing out loud about his sister's antics in the face of her father's fat phobia. However, several essays offended me. In "Fat Like Him," Lori Gottlieb (recovered anorexic) writes unapologetically about her hateful thoughts and behavior toward the fat man she met through email. She had a sexual relationship with him, but wouldn't be seen with him in public or introduce him to her friends. Sarah Fenske writes, in "Big Game Hunter," about "hogging:" a sport where men pick up fat women for sex because they are seen to be pathetic, desperate, easy. The editors of the book say, "We are speaking out, speaking up, speaking back: Scoot over, skinny, the Fat have a few things of their own to say about obesity..." THAT'S the kind of book I wanted to read, but the inclusion of fat hating essays (by thin people) undermines the power this collection might have had. Instead I highly recommend *Shadow on a Tightrope: Writings by Women on Fat Oppression* by Lisa Shoenfield, et al, or *Fat!So?* by Marilyn Wann.

A few interesting articles but some are very poorly written. Overall a quick, enlightening read.

Lots of great shorts with insight on the "weight" issue faced by us Americans today. I was, as expected, disgusted by the story about "hogging." I just take that as another example of shallowness of most men. Even the ones who truly enjoyed a woman with more meat on her bones would never admit it. Fat women are just not for show. But a word to the fellows: If you do find a woman who is comfortable in her own skin, hang on to her no matter the size, she is a treasure. My favorite stories were Fat Guys Kick Ass and Fat Like Him, and also David Sedaris's story of his sister Amy in her fat suit and makeup bruises. What characters they all are! Thank goodness not everyone aspires to being "normal!" How boring would that be?

Not good....especially once I read the story "Fat Like Him" written by Lori Gottlieb....pity when she was found out to have lied throughout her article nobody caught her until after publication. For those that might be interested to find out just how far the fabrication goes see  
<http://jezebel.com/5467630/email-interview-with-lori-gottliebs-ex-tim>

The essays have no common thread such as self-acceptance, which one would hope for. It's analogous to an anthology on the experience of being a woman with several rabidly misogynous essays. The most egregious example is "Fat Lady," where the psychiatrist author Irvin Yalom smugly reveals how he came to tolerate, even sympathize with a fat patient, who under his tutelage (and via liquid diet) lost 80-some pounds. His negative feelings towards fat women were most amusingly (in his view) vindicated by "Betty's" eventual revelation that, she, too, hates fat people. Well, as a previous reviewer noted, a thread of this book is "don't we all?" Uh, no. I have news for you, Irvin. Betty has gained all the weight back and more. You therapy didn't work so well after all. But at least you're free to hate again.

I picked up this book for some "light" reading but was pleasantly surprised by the range of provocative and thoughtful contributions. Some made me sad, some made me laugh and all of them had me reflecting upon my life as an overweight woman. I recommend this book to anyone, not just those of us whose weight makes it especially relevant but also those luckier ones who tend to regard us somehow inferior, or even invisible. One comment on one of the official reviews...my edition does NOT contain a piece by Bill Bryson.

Essays pack an anthology largely original in content, which explore fat, reality, and confrontations with biases surrounding fat people. Scoot Over, Skinny: The Fat Nonfiction Anthology is packed with

angst, observation, admonition, humor, and serious reflection by such notable writers as Anne Lamott and David Sedaris. Any reader interested in body image will find *Scoot Over Skinny* a most provocative collection of insights.

Just to be clear, the World Health Organization reports a list of nations in order of fatness of populations... and America is not on the top of the list... there are many way ahead of us in this domain.

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the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÃ  (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free)

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