



Fat: The Owner's Manual (Paperback)

By Ragen Chastain

Sized for Success Multimedia, LLC, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is more than just the story of a fat woman who managed to win respect and National Championships in the thin-obsessed world of dance. It's more than just a trained researcher's examination of the evidence about weight and health. It's a book about living life in the body that you have now, and making decisions about what you want in the future, and how to get there. Whether you want to change your body, fight for size acceptance, just live your life, or understand and support your fat friends and family, this book provides the insights, aha moments, humor, and hard facts to help.



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