



Does This Book Make Me Look Fat?

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How often do you find yourself looking in the mirror? And smiling at what you see?

More likely, you're thinking what you see is: Fat, Ugly, Skinny, Round, Stacked or Flat, Bad or Good. From reality television to tabloid headlines, we're all surrounded by weight and discussion of weight. In this collection, a stellar lineup of YA writers sound off on body image., self-esteem, diets, eating disorders, boys, fashion magazines, and why trying on jeans is a bad experience for everyone. There are eight powerful short stories and six moving personal essays from authors whose works include two New York Times bestsellers, a Los Angeles TImes Book Prize, and a Printz Honor; an appendix offers book, movie, and music recommendations. (And in case you're still wondering, No this book does not make you look fat.)

Does This Book Make Me Look Fat? Details

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Author : Marissa Walsh (Editor) , Daniel Pinkwater , Megan McCafferty , Eireann Corrigan , Matt de la Pena , Wendy McClure , Sarra Manning , Margo Rabb , more... Jaclyn Moriarty , Barry Lyga , Jeff Dillon , Sara Zarr , Coe Booth , Wendy Shanker , Carolyn Mackler , Ellen Hopkins ...less

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From Reader Review Does This Book Make Me Look Fat? for online ebook

Kathryn says

Sara Zarr made me cry, what more needs to be said?

Laurie says

Loved it. I was very big from about 3rd grade until the end of 8th grade. My sister called me beached whale. You get the picture. It's a tough thing to live with, and it stays with you even if you get thin. I liked all the perspectives shown though the short stories in this book. Some of my favorite authors contributed.

Noelle says

Very entertaining

Eva Mitnick says

These 14 contributions by various writers, mostly YA, vary wildly in tone and length. Some are short stories, some are essays, and some are semiautobiographical. Coe Booth's *How to Tame a Wild Booty* is fabulous, but most of the others I found only mildly entertaining to slightly dull. Fatness (or perceived fatness) seemed to be the predominating body image problem, although some contributions (such as Jaclyn Moriarty's surreal *The Day Before Waterlily Arrived*) explore other issues. All in all, I hoped for more from such a stellar group of writers.

Hallie says

From my 2009 books LJ:

Finally, The Best-Intentioned Book that Manages To Be Much Less Than Its Highlights Suggest It Should Be:

- *Does This Book Make Me Look Fat?* ed. by Marissa Walsh. Also possibly winner of worst title ever. The highlights for me were Daniel Pinkwater's cheerful and self-accepting essay about being the F-word. Fat. Indeed he writes 10 'fat's in a row, in the midst of explaining that it's the one word you can't say. The other was Sara Zarr's 'It Is Good', which tells with great eloquence how she came to believe that she'd forfeited her 'right to basic respect and decency' by being fat. 'That the only way to buy my rights back was to lose weight.' Some of the essays and stories were okay, some good (I particularly liked Jaclyn Moriarty's, which is well weird) but the one which is narrated by the brother of a girl who's severely ill with anorexia, who

eventually has to accept that her anorexia was caused by his telling her that the girls at his college have to 'be a perfect ten' for him to really like them, not so much. Well-meaning doesn't excuse such a simplistic treatment of a very complex disease. I haven't read/seen all of the recommended books/films, but it doesn't look a very valuable resource, which seems less surprising on re-consideration of the editor's introductory piece: someone who's clearly far from fat-acceptance herself might not have been the best choice for editor. And the final page's 'No, this book does not make you look fat.' just made me queasy.

Katie Fitzgerald says

Read *Pretty Hungry* by Ellen Hopkins on 10/22/12.

In "Pretty, Hungry" by Ellen Hopkins, teenager Lorelei Jeanne recounts, in verse, the unfortunate lessons she has learned from the people in her life about the relationship between weight and beauty. As in most of her writing, Hopkins does not shy away from the dark side of life, and her story about Lorelei involves an alcoholic mother, a judgmental, absent father, and at least one two-timing boyfriend.

The poems begin with Lorelei's premature birth, discussing how she was formula-fed from the beginning and given comfort through food. Later, she recalls how her father implied she couldn't be beautiful unless she could also be thin, and how this sent her down the path of starvation. As the story progresses, Lorelei also talks about the reactions of her grandmother and the boys in school to her ever-decreasing size.

This is not a story about anorexia, but rather a sad contemplation on the consequences of not feeling beautiful or thin enough. Lorelei learns that her value as a person depends upon how much she weighs, and she never sees herself as pretty until someone else labels her as such. She relies completely on her father's opinion of her looks and can't see her own beauty, on the inside or the outside.

This powerful story would be a wonderful way to open a discussion among teen girls about the pressures placed on them to be skinny, or to look a certain way that society has deemed "beautiful." Readers who have already discovered Ellen Hopkins through novels in verse like *Crank*, *Glass*, and *Impulse* already know they can trust her to be honest with them, and the brutality of the truths she illustrates through "Pretty, Hungry" is just strong enough to really get through to teens and resonate with them. Girls will both empathize with and pity Lorelei, and this combination of feelings is likely to stick with them even after they have walked away from the story and moved onto something else. This is a powerful story with a vitally important message every woman, young and old, can benefit from hearing.

Daphne Steele says

The reason why I rated this book as 4 stars (I really liked it), is due to the fact that this book was very relateable in the aspects of self esteem, the way you see yourself, the way others see you, and how self confidence can effect a human being. Editor, Marrissa Walsh, and the many authors, shared their personal essays for the audience to feel like they are not alone with these internal feelings about body image. It captures how people learn to love their bodies and except they way look, but have worked to get where they are today in a healthy, positive manner. This audience, I think was for 7th grade and above. Furthermore, this book is intended for a more mature teenage audience.

Elizabeth Scott says

A collection of essays and stories from authors like Ellen Hopkins, Sarra Manning, and Barry Lyga. This book is sad and funny and smart and wise--in short--So. Good.

Jenny says

The awesome author of this sent a copy to me before it even came out and I somewhat just realized over 2 years later that I haven't reviewed the book yet. Oops! I apologize. I did read it shortly after receiving it. One of the best (if not the best) title of all time. Body image is one of the main topics of this book but I have to admit that I actually did feel fat while reading this b/c to me all of the authors sounded very skinny (they listed their shirt sizes). I don't have the book handy but I don't recall a single XL or XXL author in the group. I'm half kidding...I didn't feel fat but I did wonder where all the XL and XXL writers were when this was written.

Jennifer Wardrip says

Reviewed by Breanna F. for TeensReadToo.com

With fourteen stories and personal essays written by popular authors such as Sara Zarr, Carolyn Mackler, Ellen Hopkins, and more, this book is quite amazing. The stories all focus on the weight and body image issues that most everyone has at one point in their life.

Whether it's feeling overweight or thinking you're too skinny, how you feel that your breasts are either way too small or way too big, everyone has issues with their bodies.

Not much else I can really say about this book. I actually loved each and every one of the stories, and that really surprised me. I thought at least one or two of them I probably wouldn't end up liking.

I'd recommend DOES THIS BOOK MAKE ME LOOK FAT? to anyone who has issues with their body and even to people who don't. Every single story is just written so well. I didn't want to finish the last one when I got to it.

The only thing wrong with this book: it should have been longer!

Glenda says

Again, I'm a big fan of the short story genre, and I think that all teen girls should be required to read this one. We lose them. They think that they are too fat, too skinny, too stupid, too shy, pick your adjective. And these

beautiful, funny, clever and wonderful girls get lost. Oh, honey! You are so much better than what you know.

CJ says

I liked many of the essays in this book. Some of them were a little too fantasy-world, but most of them made me think. When I finished it, I went to my mother and put the book in her hands. She's had body image issues her whole life - thinking she isn't thin enough - so I told her to put down anything else she was reading and read this. It goes to my teenage daughter next.

Jade West says

AMAZING in a sad way.

The book was a great binding of stories of people's insecurities and the want to fit in. The most touching story was the one of the little girl who wanted her father to love her, driving herself to think that "*Being hungry mean being pretty*" It was so sad!

they really have the opinions down as to the extremes people go to. But I find it hard myself to suddenly take it upon myself to exercise. However, the entire story was a sad hit, in an amazing way. The first thing the book tells you is that you picked up the book because you are also insecure. Au contraire, I picked it up because I wanted to see the other way people have suffered. But I'm sure the analysis was correct. I'm tempted to bring the book with me out in public and see if people would approach me and respond to the title, maybe a "The book doesn't make you look fat" to "Course you look fat" I'm not really fat, I'm average. But in comparison to the photoshopped models I might as well be.

So! Book was great, if you feel bad about yourself or constantly seek others opinions the book is easy to relate to.

Brianna Bizzaro says

Name: Brianna Bizzaro

APA citation: Walsh, M. (2008). Does this book make me look fat?. New York: Clarion Books.

Genre: Short Stories

Format: Print

Selection process: School Library Reading List

This book is a re-telling of life events from YA writers that have helped shape a more positive perspective on body image. It includes everything from family struggles, to person struggles, and triumphs. People's stories are told in a poignant and emotion tale that is sometimes full of tears, while other times are full of laughter. Does This Book Make Me Look Fat introduces the concept of how to love yourself if you are struggling with body image issues that encompass weight, breast, and buttocks issues. It also is for family members dealing with the struggles of watching a loved one deal with body issues. There are six very touching personal essays and eight moving short stories, which are all written by extremely well known and respected YA writers.

Sarah Noll says

This is a fabulous collection of short stories, essays, and even cartoons (fiction and non-fiction – sometimes difficult to pinpoint the difference between the two) that discuss all kinds of body-image-related issues that men and women face in the world today. Although some of these short stories/essays I struggled to get interested in, by the end of every single one I could see a clear meaning and purpose to them, and thought they all were fabulously edited to make one cohesive whole. I learned a lot about myself and the way that I view my physical body, as there were two specific stories/essays that stood out to me as very relatable. I think this would be a fabulous read for anyone – especially teenagers. I would love to find a way to use this in my future classroom, even just by picking out a few of the many works within this collection to share and discuss with my students – I would argue that everyone can find a story in here to relate to on some kind of a personal level.
