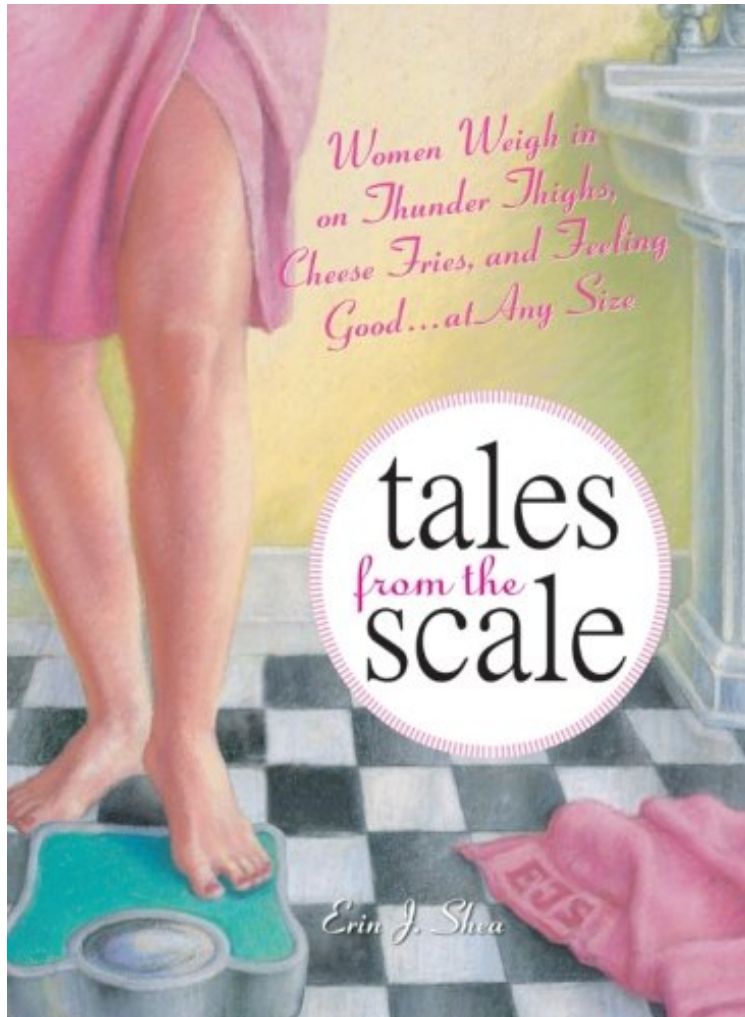


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Tales From The Scale

Erin J Shea

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#1538306 in Books 2005-04-01 2005-04-01 Original language: English PDF # 1 7.50 x .62 x 5.50l, .61 #File Name: 1593373287224 pages | File size: 68.Mb

Erin J Shea : Tales From The Scale before purchasing it in order to gage whether or not it would be worth my time, and all praised Tales From The Scale:

4 of 4 people found the following review helpful. A Good Read By Penny Ladnier As a veteran in the trenches of the diet wars, I have plenty of my own tales from the scale, so I can certainly relate to these. Some essays had me laughing out loud, and some had me commiserating with the pain the authors felt over the various humiliations of out-of-control-eating and living in a body that's not a socially acceptable size. They offer bits of insight and wisdom in their stories, and compare the difference between their lives as fat and normal sized. All of the women have lost weight, to a greater or lesser degree, and one has gained it back and is still struggling. There are seven authors. The book is broken down into 8 chapters with different topic headings, and each woman writes to that topic. All are written in the first person, so

I found it a little confusing keeping track of the thread of each woman's life experiences as I moved through the stories. The only thing I came away still wondering about was exactly what motivated these women to finally get it together to stick with a diet/eating plan long enough to lose a huge amount of weight. I would have appreciated another chapter titled: Hitting Bottom, or What It Took For Me To Finally Get It Together To Lose The Weight. All in all though, this is a good read, and I recommend it to anyone who has struggled with overeating and trying to diet. 8 of 10 people found the following review helpful. Was sad to have it end!! By Darla Ramirez This book was fabulous - all of the writers are witty and their insights into the process of living fat and losing weight was so inspiring. I didn't put it down, but I didn't want it to end! Thanks, Erin, for putting such a great read together!! 0 of 1 people found the following review helpful. Not Read By Patricia M. Not read it

In *Tales from the Scale*, author Erin J. Shea - creator of the immensely popular "Lose the Buddha" weight-loss blog - puts together the best rants of some of the most prominent diet bloggers online today, creating a raw, real, and radically different look at losing weight. The Twinkie Defense: how they got fat in the first place; The Inner Fat Girl: the little voice that longs for an identity beyond her body; The Tenth Circle of Hell: Weight-in Day - facing the worst enemy: the scale; Fatty Clothes: for when you've given up

From Publishers Weekly Shea, who gained national attention with her weight-loss blog "Lose the Buddha" in 2003, presents a zesty, honest collection of stories following the triumphs and trials of several overweight women who "got to The Point and found their own map out of Big Girl Town." The book's format is similar to a blog, with short, informal entries, but rather than just sharing a lone blogger's struggle to shed pounds, it brings together tales by Shea and six of her girlfriends who also have diet blogs. Some of the pieces are tinged with bitterness, especially in their descriptions of other people's reactions to the writers' diet attempts and subsequent lack of support. Mainly, though, the women find humor and encouragement through shared experience. Shauna Marsh wonders why department stores always put plus-size clothes in inconvenient locations, like the basement or the top floor: "Perhaps the more remote the location, the less they have to acknowledge that the plus-size section even exists. Or maybe they think, The walk will do you good, fatty!" The writers take on other issues, too, like sex, fat camp, identity and life after weight loss. The savvy, amusing voices will provide a refreshing treat for any diet-weary woman. Agent, Stephanie Lee. (May) "When you want food--junky, fatty, salty, substantive food--there is no Celestial Seasoning Tea that you can use as a surrogate for cheese fries. Anyone who looks at you with a straight face and a pair of size 8 jeans and says otherwise is an asshole." About the Author Erin J. Shea's work has been published in many American magazines and newspapers. She has appeared on local breakfast television. Her Web site is www.ejshea.com.