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Fat Girl Walking: Sex, Food, Love, And Being Comfortable In Your Skin—Every Inch Of It



Synopsis

Told through a series of larger-than-life snapshots, a hilarious memoir in essays about love, sex, marriage, motherhood, bikinis, and loving your body, no matter what size you are from the acclaimed blogger and body image advocate. Brittany Gibbons has been a plus size her whole life. But instead of hiding herself in the shadows of thinner women, Brittany became a wildly popular blogger and national spokesmodel—known for stripping on stage at TedX and standing in Times Square in a bikini on national television, and making skinny people everywhere uncomfortable. Talking honestly about size and body image on her popular blog, brittanyherself.com, she has ignited a national conversation. Now in her first book, she shares hilarious and painfully true stories about her life as a weird overweight girl growing up in rural Ohio, struggling with dating and relationships, giving the middle finger to dieting, finding love with a man smaller than her, accidentally having three kids, and figuring out the secret to loving her curves and becoming a nationally recognized body image advocate. And there's sex, lots of it! *Fat Girl Walking* isn't a diet book. It isn't one of those former fat people memoirs about how someone battled, and won, in the fight against fat. Brittany doesn't lose all the weight and reveal the happy, skinny girl that's been hiding inside her. Instead, she reminds us that being chubby doesn't mean you'll end up alone, unhappy, or the subject of a cable medical show. What's important is learning to love your shape. With her infectious humor and soul-baring honesty, *Fat Girl Walking* reveals a life full of the same heartbreak, joy, oddity, awkwardness, and wonder as anyone else's. Just with better snacks.

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Customer Reviews

You're probably wondering why a man is reviewing a book that was so clearly written for women. For starters, you're not the boss of me. Secondly, body positivity is universal. If you've ever been given a sideways look while eating in public, had a complete stranger offer advice on how to "fix" you, or skipped a school function because you're afraid of how your size will deflect ridicule to your child; you're in this group, and this book is for you. Now that we've gotten that out of the way, here's why EVERYONE should read this book; men, women or otherwise. I flipped to the first page expecting all the things I have come to appreciate from reading Brittany's blog, following her social media posts, and meeting her in person: willful irreverence, period-specific pop culture references, and slightly cringe-worthy discussions of the hornet's nest that is the female existence (read: periods, boob sweat, and the like). And I got it. I got all the hilarious, foul-mouthed, sexy, movie reference-fueled perspectives and narratives that I was hoping for in a Brittany Gibbons book. As a fan, I'd have been satisfied with that. What I didn't expect was a series of life stories, experiences, and supremely human moments, all of them told with such a stark honesty that I found myself tearing up on a crowded airplane wondering what the hell was happening with this "comedy" book I was reading. Reading *Fat Girl Walking* as a man is like spying on all girls sleepover; not the adolescent fantasy replete with baby doll nighties and pillow fights, but the real, raw, unguarded emotion that only women communing with women feel comfortable sharing. This book will shock you. Not in the normal boring, "did she really just say that" kind of way, but in the devastating frankness and transparency Brittany shows in the recounting of her life experiences, her rise to "internet famous", and the long hard road behind her as she defined and refined her message into becoming the resounding voice, smirking face and gorgeous body at the front of this movement. This book will make you cry. There are moments of such humanity and

realness that the only response that feels natural is a physical one. Brittany weaves these between humor and levity in a way that never lets you fall too far. I found myself cheering for her and screaming at her as she fumbled through the missteps of her youth and early adulthood as they resonated a little too close to home. Eventually landing right where she belongs, and lighting the path for those behind her. Maybe, just maybe, this book will inspire you. I feel like I was inspired by *Fat Girl Walking* as a byproduct. If someone tells me a book is inspirational, I immediately reject it as drivel or something conjured by a distant PhD or B-list celeb that wants a summer home. Brittany set out to tell a story, in her inimitable voice, and entertain the hell out of anyone lucky enough to pick up a copy. This book is inspirational, but I don't think it meant to be. Sometimes the fat girl gets cast as the funny friend, and ends up being the star.

This book was FUN. I've been heavy and I've been unhealthily thin, but have managed to find a comfortable, healthy life in the middle. Most importantly, I feel comfortable in my skin. A lot of women have not found that, though, and between hilarious outtakes from her life, Brittany Gibbons tells how she found a life in which she's happy just "being". Not the grand quest to change, or the promise of being happier "just if", but loving yourself and your life right now. It's a powerful story. And hilarious. I'm glad I read this book.

I enjoyed this book and I am not generally a nonfiction fan! If you are a "fat girl walking" like me, you will relate to many of the stories Brittany tells. You will laugh out loud and want to shed a tear once in a while. The message of body acceptance is good for skinny, fat and in between women. One thing that took the book from 4 stars to 3 for me was how it began chronologically but later lost its way and you end up going back and forth from one year to another. This makes it difficult to really see how her career evolved. One day she's on her couch on a laptop and the next she is on all the morning shows. There is a point when I felt like the author just wants to give us a laundry list of all her accomplishments and the book loses focus and some of the good storytelling it began with. Again, it was a worthwhile read and I took the message to heart right down to standing in front of my full length mirror naked (author's subtle advice)! I would recommend it for a light nonfiction read.

What can I say. From one fat girl to another.... I LOVE Brittany Gibbons. We have similar personalities. I absolutely love the way she looks at the obstacles in her life and has overcome them. If you aren't afraid or *gasp* offended by someone who cusses a little bit, tells it like it is, and are a "Fat Girl Walking" or even if you're a Skinny Girl Walking.... you'll want to read this book. You'll

definitely laugh and I'm almost positive you'll relate to a few obstacles she's been through in her life.

Awesome memoir! I love the author's relaxed and friendly writing style. It makes me feel like I know her personally. We learn about Brittany Gibbon's childhood, her struggles with weight and social life. She recounts her time in college and her relationship with her then-boyfriend now husband Andy. She also recounts her time having three children and her ever changing body. Throughout the memoir, she extols the importance of body love and acceptance. She is brave and happy and makes you want to be like that too. I'm on my second time reading it, it's that good!

This was a v.ery relatable book for this plus sized woman. I guess I should have grasped the idea that she listed sex first in the title because it was that important to her. A bit too raunchy, detailed, and crass for my taste. Her description of being "curvy" was extremely relatable and I would recommend it for anyone who grew up in the 80s or 90s.

I've been a Brittany fan for quite a few years and was anxious to read her book. I read it in a day and I had so many emotions overcome me as I read. Brittany and I are from the same small town, graduated from the same high school. I haven't had the pleasure of meeting her, yet, as she graduated with my brother four years after me. This book was...raw. She wrote from the heart and didn't hold back. Reading about her high school experience made me cry...it was the same thing I went through. High school was hell. This book needs to be read by every woman. Thin or curvy. Once you read it, pass it on! Thank you Brittany...you are incredible.

Brittany is every woman who has ever felt insecure about her body. This book was relatable, hilarious, and gave me all the feels. Thanks to Brittany's message, in this book, on tv, and on the internet, I can carry myself with confidence and pride and have found my tribe in the curvy girl army.

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