

PASSING FOR THIN

Losing Half My Weight and Finding My Self



"Brazenly intimate . . . inspiring . . . brutally honest . . . *Passing for Thin* offers a powerful rebuff to anyone who believes that people can't change. Read [Kuffel's] memoir and you can be assured of one of two results: You will be motivated to maintain a diet, or you will think twice before judging someone for being fat." —*USA Today*

Frances Kuffel



Passing For Thin Losing Half My Weight And Finding My Self

Gordon L. Patzer



Passing For Thin Losing Half My Weight And Finding My Self:

Passing for Thin Frances Kuffel, 2004-01-13 An intimate and darkly comic memoir of a woman who does a 180 with her body In the opening pages of *Passing for Thin* Frances Kuffel waits at the airport to be picked up by her brother Jim He strides past her without a glimmer of recognition because she barely resembles the woman he is expecting to see Jim had last seen her when she was 188 pounds heavier What follows is one of the most piercing explorations of the limits and promises of a body since Lucy Grealy's *Autobiography of a Face* With unflinching honesty and a wickedly dark sense of humor Frances describes her first fumbling introductions to the slender alien body she is left with after losing half her weight shining a light on the shared human experience of feeling at times uncomfortable in one's own skin Buoyed by support from a group of fellow compulsive eaters she deems the Stepfords Frances adjusts not only to her new waistline but to a strange new world the Planet of Thin where she doesn't speak the language and doesn't know the rules Her lifetime of obesity had robbed her of the joys of lovers a husband children and even made it impossible to enjoy a movie when standing in line was too painful or travel when airplane seats were too small and hadn't prepared her for the unexpected attention from strangers the deep pleasure of trying on a tailored suit the satisfaction of a good run on a treadmill or for the saucy fun of flirting and dating She joyfully moves from observer to player while struggling to enjoy the freedom her new shape has given her As Frances gradually comes to know and love the stranger in the mirror she learns that this body does not define her but enables her to become the woman she's always wanted to be

Fat Sex: New Directions in Theory and Activism Helen Hester, Caroline Walters, 2016-03-09 While fat sexual bodies are highly visible as vehicles for stigma there has been a lack of scholarly research addressing this facet of contemporary body politics *Fat Sex: New Directions in Theory and Activism* seeks to rectify this bringing debates about fat sex into the academic arena and providing a much needed critical space for voices from across the spectrum of theory and activism It examines the intersection of fat sex and sexuality within a contemporary cultural landscape that is openly hostile towards fat people and their perceived social and aesthetic transgressions Acknowledging and engaging with some of the innovative work being done by artists activists and academics around the issue of fat sex this collection both challenges preconceptions regarding fatness and sexuality but also critiques and debates various aspects of the fat activist approach It draws on a wide range of disciplinary perspectives bringing together work from the UK US Europe and Australia to offer a wide ranging examination of the issues of size sex and sexuality A cutting edge exploration not only of fat sex but of identity politics neoliberalism and contemporary body activism in general *Fat Sex: New Directions in Theory and Activism* will be of interest to scholars of sociology cultural studies geography porn studies and literary studies working on questions of gender sexuality and the body

Little White Lies, Deep Dark Secrets Susan Shapiro Barash, 2025-06-25 From the bestselling author of *Tripping the Prom Queen* comes a fascinating and provocative look at the reasons behind female deception *Little White Lies, Deep Dark Secrets* reveals how society doles out mixed

messages to women fostering the lies they tell Among the liars are A woman who shoplifts and has it down to a science A woman who tells her husband she is working late in order to be with her lover A woman who lies about her children s achievements to her friends A woman who pretends her husband is doing well when they are going broke A woman who has covered up her husband s emotional abuse for years A woman whose secret is her misery in being a stay at home mom in suburbia A woman who lies about loving her partner deciding it s better to stay than be alone And many other secrets and deceptions Honest and even outrageous Susan Shapiro Barash is fast becoming the author who explores issues that are important to women issues that they are loath to talk about until now *The Power and Paradox of Physical Attractiveness*

Gordon L. Patzer,2006 *The Power and Paradox of Physical Attractiveness* is a scholarly look into physical attractiveness It articulates the great importance placed on this dimension of a person s appearance Analysis of the dynamics and consequences reveals a powerful pervasive and frequently unrecognized or denied physical attractiveness phenomenon This phenomenon transcends time geography and culture regardless of demographics and socioeconomics of individuals and populations With penetrating vision Dr Patzer provides evidence that despite professed ideals people do judge others by their looks Physical attractiveness is a more powerful determinant of a person s fortune and misfortune in life than people admit No matter the words thoughts and ideals proclaimed by people these same people judge assume infer believe act treat decide accept reject and behave toward or against individuals in patterns consistent with their own physical attractiveness and that of others While many dimensions define appearance physical attractiveness predominates The physical attractiveness of a person impacts every individual throughout every community across the United States and around the world All people inherit and alter their physical attractiveness which is determined by complex interdependent physical and non physical factors Hidden and not hidden values drive thoughts and actions with significant effects and realities whereby higher physical attractiveness is beneficial lower physical attractiveness is detrimental and associated pursuits are relentless Physical attractiveness may look skin deep as a surface aspect of appearance but looks can be deceiving Researchers throughout the world collect empirical data complemented with anecdotal data to probe beyond the surfaces Through investigations that meet meticulous scientific methodological procedures acute observations reveal previously undetected dimensions that advance understanding about physical attractiveness *The Power and Paradox of Physical Attractiveness* explores discovers and documents the theories evidence and circumstances in which physical attractiveness is a remarkable veneer with influences that extend considerably beyond what we call skin deep The author Dr Patzer formally cites more than 750 references as he identifies a complex phenomenon in which physical attractiveness serves as an informational cue that propels a multiple stage process Through this process people knowingly and unknowingly infer extensive information based on this cue which in turn triggers assumptions expectations attitudes and behaviors It ultimately leads to powerful consequences with significant benefits and detriments for every person accompanied by continuous pursuits toward these

benefits and away from these detriments caused by his or her level of physical attractiveness

The Urban Hermit Sam Macdonald, 2008-11-25 Faced with the truth that his debts and his waistline had both ballooned out of control Sam MacDonald devised a plan to change his life When Sam graduated from Yale in 1995 he watched a classmate make inroads as a head office guy in professional baseball another become a day trading millionaire and another develop connections at the Playboy Mansion Struggling to make ends meet he shrugged his shoulders at their success and raised a tall one to them It wasn't until April 2000 that Sam got his wake up call He weighed 340 lbs He was flat broke And the IRS had caught up with him In a desperate attempt to save himself Sam decided to limit himself to a budget of 8 a week and 800 calories a day He called it The Urban Hermit Plan He thought he would do it for a month Instead he embarked on a bizarre year long journey He lost 160 pounds in the process befriended rent dodging trailer park denizens flew to Bosnia on assignment traveled to a peace festival in a hippie van had a run in with Cooter from the Dukes of Hazzard and met the woman who would later become his wife The Urban Hermit is a wildly hilarious story about backwoods living as told by a man who should have known better

All Our Stories Are Here Brady Harrison, 2009-01-01 This wide ranging collection of essays addresses a diverse and expanded vision of Montana literature offering new readings of both canonical and overlooked texts Although a handful of Montana writers such as Richard Hugo A B Guthrie Jr D Arcy McNickle and James Welch have received considerable critical attention sizable gaps remain in the analysis of the state's ever growing and ever evolving canon The twelve essays in All Our Stories Are Here not only build on the exemplary foundational work of other writers but also open further interpretative and critical conversations Expanding on the critical paradigms of the past and bringing to bear some of the latest developments in literary and cultural studies the contributors engage issues such as queer ambivalence in Montana writing representations of the state in popular romances and the importance of the University of Montana's creative writing program in fostering the state's literary corpus The contributors also explore the work of writers who have not yet received their critical due take new looks at old friends and offer some of the first explorations of recent works by well established artists All Our Stories Are Here conveys a sense of continuity in the field of Western literary criticism while at the same time challenging conventional approaches to regional literature

Beyond Psychotherapy Don N. Bacchus, 2006 Psychotherapy may be more a program of dependency than growth Inside each person is a reservoir of strength and determination to overcome personal difficulties Beyond Psychotherapy 123 Life Changing Ideas encourages everyone to rely on their own inner strength for their personal growth and healing

The Yoga of Food Melissa Grabau, 2014-06-08 For the millions of people who struggle with food and body issues yoga and its practice of mindfulness can offer a surprisingly effective path to well being For Melissa Grabau a psychotherapist who has battled her own eating disorders since she was a child yoga contains the key ingredients to transforming our connection to food and to our bodies The Yoga of Food invites you to explore contemplation prompts and meditations that will help you create a deeper appreciation of the body's health and vitality

Sharing lessons and stories she s cultivated from years of clinical practice Melissa provides a roadmap toward a healthier approach to nutrition and the human spirit Eating Disorders Norah Piehl,2009 Narratives describing the causes consequences and treatment of anorexia bulimia and compulsive eating **Why Physically Attractive People are More Successful** Gordon L. Patzer,2007 Chronicles the reality about physical attractiveness that scientific research has shown to be universal throughout the world This book presents the pertinent theories research data and knowledge that document the physical attractiveness as a universal phenomenon Library Journal Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2004 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Library Journal ,2004 **Eating Ice Cream With My Dog** Frances Kuffel,2011-05-03 A skilled blend of insight and emotion Publishers Weekly a memoir for every woman who has ever tried to lose weight Frances Kuffel transformed her life by losing 188 pounds Unfortunately she gained over half those pounds back But she also gained four new friends during this period whom she met online Frances Lindsay Katie Mimi and Wendy bonded quickly dubbing themselves the Angry Fat Girlz In *Eating Ice Cream with my Dog* Frances Kuffel shares a candid and witty account of one year in which five women diet and eat lose and gain exercise and survive injury and struggle to find their best selves Previously published as *Angry Fat Girls* *New Books on Women and Feminism* ,2004 The Writers Directory ,2013 School Library Journal ,2004 *The Cornhill Magazine* William Makepeace Thackeray,1917 *Weight Loss, Italian-Style!* Jill Hendrickson,2009-05-01 Travel writer Hendrickson goes on a food filled adventure to the Tuscan Isle of Elba where she learns that the secret to staying slim forever has nothing to do with counting calories or cutting carbs *American Book Publishing Record* ,2004 *Senior High Core Collection* Raymond W. Barber,Patrice Bartell,2007 Features annotations for more than 6 200 works in the main volume 2007 and more than 2 400 new titles in three annual supplements published 2008 through 2010 New coverage of biographies art sports Islam the Middle East cultural diversity and other contemporary topics keeps your library s collection as current as today s headlines

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