

Bountiful Women: Large Women's Secrets for Living the Life They Desire

Bonnie Bernell

Wildcat Canyon Press (Oct 31, 2000)

\$15.95 (224pp)

978-1-885171-47-4

"Every woman, regardless of size, knows that she is judged by her appearance. Women's bodies are verbally and visually dissected," says psychologist and author Bonnie Bernell. "Those of us who are larger than the social ideal receive the lowest marks of all."

Bernell writes that one's self worth shouldn't be determined by others. In *Bountiful Women: Large Women's Secrets for Living the Life They Desire* she provides morsels of wisdom gleaned from others to help readers understand that size does not have to affect the way one thinks about themselves. Bernell also reveals what some have done about tight situations such as Janelle, a full-breasted bountiful woman, in an airplane and "those blasted tray tables." Topics include friends, foes, family, romancing, dancing, exercise, clothing, and tiny seats.

A cornucopia of helpful suggestions.

ALEX MOORE (November / December 2000)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.