

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

**Bonnie Bernell**

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"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)

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