

## Fat!So? Because You Don't Have to Apologize for Your Size

**Marilyn Wann**

Ten Speed Press (December 1998)

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This book is a deluxe banana split. Not composed of triple chocolate fudge ice cream and gooey butterscotch topping, but rather Marilyn Wann's bold creativity and humor along with generous portions of fascinating historical, cultural and scientific information.

The book Fat!So? is modeled after Wann's similarly titled zine, which is a low-budget, alternative publication. She began that project in 1993 after becoming fed-up with the continued discrimination and ignorance she experienced as a fat person. The result was overwhelming popular syndication that also produced a website, 800-number and eventually Fat!So? the book.

Wann's philosophy on life, love and the human form is stunningly portrayed in her spirited writing style. Constantly challenging popular myths concerning the body and exposing some of the questionable practices of the multi-billion dollar weight industry, Wann manages to weave captivating and thought provoking information with a vibrant, original narrative. This is a positive and inspiring example of a young woman challenging the system and embarking on her own brave journey.

Fat!So? is recommended for anyone who has ever felt uncomfortable in their own skin for whatever reason. Wann's flabulous (her coinage) attitude has the capability to both completely alter one's self-perception and radically shift society's perspective on body image from one of hatred into one of acceptance and celebration.

KYLE NORRIS (January / February 1999)

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