



# **Such a Pretty Fat: One Narcissist's Quest to Discover If Her Life Makes Her Ass Look Big, or Why Pie Is Not the Answer**

*Jen Lancaster*

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## **A NOTE FROM JEN LANCASTER:**

"To whom the fat rolls...I'm tired of books where a self-loathing heroine is teased to the point where she starves herself skinny in hopes of a fabulous new life. And I hate the message that women can't possibly be happy until we all fit into our skinny jeans. I don't find these stories uplifting; they make me want to hug these women and take them out for fizzy champagne drinks and cheesecake and explain to them that until they figure out their insides, their outsides don't matter. Unfortunately, being overweight isn't simply a societal issue that can be fixed with a dose healthy of positive self-esteem. It's a health matter, and here on the eve of my fortieth year, I've learned I have to make changes so I don't, you know, *die*. Because what good is finally being able to afford a pedicure if I lose a foot to adult onset diabetes?"

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