



The Fat Rules

Misti D Mosteller

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The Fat Rules Misti D Mosteller

NEW, Fully REVISED and EDITED: The Fat Rules. There's even a new cover! This memoir is a MAY 1, 2015 Story Merchant Book Release. Reviews PRIOR to 01MAY2015 are on the OLD Version. We hope you enjoy the book! “Smart, witty, funny, painful, honest, brutal, forgiving. Truly amazing and left me wanting more!” “This was laugh-out-loud funny and relatable. I felt like I was reading my best friend's diary.” —Amazon Five Star Reviews Maddy Quinn survived being a fat kid and a fat adolescent, but being fat in her twenties is too much. Maddy is a smart, funny, chunky monkey living in a world of skinnies with only an XXL sweater set to keep her safe. Living at home, Maddy attends a nearby university where she majors in Political Science and Not Being Noticed. Her mother would return her to the womb for safekeeping if only there was room for a 266 1/2 lb. adult, and her grandmother has never met an emotion that couldn't be suffocated with mashed potatoes or chicken fried steak. Despite the over-love of a nutty family and the support of good, but skinny friends, waddling around campus is getting harder. In an effort to keep daily humiliations to a minimum, Maddy lives by rules she's developed to hide in plain sight. Fat Rule #2 Never run in front of other humans, even if being chased by a mass-murdering maniac. Better to die with honor than let that jelly jiggle! But when her birthday turns into Celebration Humiliation, Maddy's best friend, Sam, gives her a dose of tough love that would put an elephant down, setting Maddy on a life-changing course that includes Richard Simmons and a date with a college guy, or two. Part memoir, part wishful thinking, The Fat Rules is a laugh-out-loud ride on the crazy train with genuine, heart-breaking insight into the emotional pain of being overweight. If you've ever struggled with weight issues, finding your place in the world, or incapacitating insecurity, Maddy Quinn is right there with you.

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