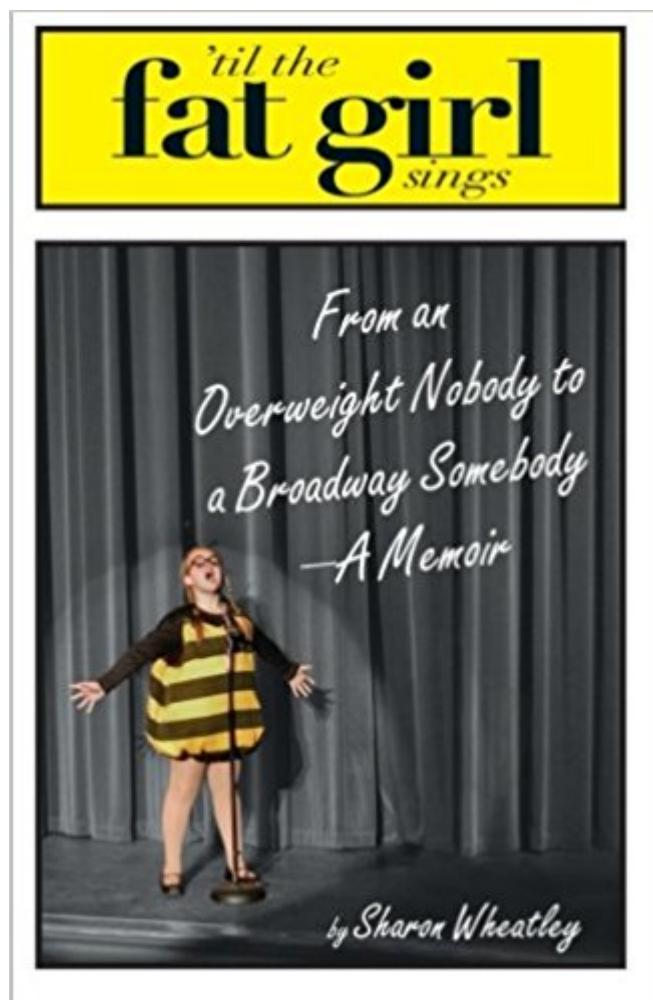


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# Til The Fat Girl Sings: From An Overweight Nobody To A Broadway Somebody-A Memoir



## **Synopsis**

Broadway actress Sharon Wheatley reveals an authentic and personal look at the damaging physical and emotional effects of childhood obesity.

## **Book Information**

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## **Customer Reviews**

What's a gal to do when she tips the scales at 230 pounds and longs to sing on Broadway? Wheatley worked herself down to a manageable weight through a strict diet and exercise routine-but that's not the end of her story. In this combination memoir and motivational tract, the author chronicles her struggle with weight and how it affected her self-esteem as a child, professional actress and mother, until she reached the point that she was comfortable carrying around a few extra pounds. Wheatley's never-give-up approach to life is inspiring, and her writing is as smooth as it is conversational. Overall, though, this book's best audience might be young readers, who should be inspired by this overcoming-adversity story. The author, who leads seminars for students about self-esteem and body image issues, doesn't go into depth about her pound-dissolving process, except to say that she ate better and exercised. To that end, there's a frustrating vagueness throughout. For instance, when Wheatley lands a role in Cats, her contract stipulates she must lose 10 pounds, but the reader doesn't know her weight before or after. And though the cover resembles a Broadway Playbill, there's minimal behind-the-scenes dish. However, readers looking for a spirited pick-me-up will find it here.

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Sharon Wheatley (New York, NY) is a Broadway actress, and has appeared in such shows as Cats, Les Miserables

I initially got this book to read because I have a teenage daughter who is going to pursue musical theatre in college and then as a career. In my research I realized that unlike any other job, my daughter is going to be judged just as much for how she looks as she is for her talent. I was curious to hear her insight on the whole process. I didn't expect to connect with it as personally as I did. I gained weight as a pre-teen and it set the course for a negative self image that I have been fighting for over 30 years. I have never been obese, but I have always struggled with an extra 15-30 lbs. I've let it define how I feel about myself as a person. Never would I judge anyone else that way, but I do it to myself. Reading her story has helped open my eyes to how distorted and destructive that way of thinking can be as well as given me a glimpse into the life of a musical theatre actress!

I found this book by accident looking for an inspirational memoir and I am so glad I did. I felt like I was right there with Sharon as she told about her childhood. She is a natural storyteller and her book was funny and poignant.

It's been my great privilege to hear Sharon sing and see her perform, and believe me, I was shocked to learn she'd struggled with her weight. She has such an exotic and unusual beauty that you just can't take your eyes off her, and when she sings, well, her voice is incredible. It's wonderful to hear a major Broadway talent admit she's had some of the same problems the rest of us struggle with daily.

About 10 years ago, I directed an off Broadway reading workshop of a show my friend Chad wrote. It was called Two Cities, based upon A Tale of Two Cities. Sharon played Mrs Cruncher- she was as wonderful as could be- really funny and a great singer! Rob was musical director, and did a great job! Charlotte was about 5 years old then. What fun it has been to read this story about people I know! Well written, entertaining, and very informative, especially regarding the challenge of being overweight in a profession that cares so much about how you look.

Beautiful, sensitive memoir that deals with universal issues of growing up. Sharon doesn't cast blame for her weight but certainly expresses how it affected her growing up and still affects her as

an adult. It's about forgiving yourself and others for things you did and that happened to you in the past. I was hesitant to read the book because of the mother influence in her story. I didn't want to have to beat myself up for how I raised my girls in relation to body concept and self-esteem but it didn't make me feel sad or regretful. It is a very quick read. I read it today! A deeply personal, intimate look at a lovely, talented person who has worked very hard to achieve her dream and overcome many personal issues. It's a beautiful love story too. A must read for anyone who was ever a child, with or without weight issues - mother, adult, singer, actor,... human being. Can you tell, I loved it!

If you are a female, this book is for you! Sharon Wheatley's open & honest account of growing up fat speaks to all women, no matter what their age or size. She reveals the journey of an immensely talented young girl, struggling with her size while striving for a place in the entertainment world's glaring spotlight. Anyone who has dealt with weight issues will relate to her poignant account of her adolescence, her experience at the Cincinnati College-Conservatory of Music, where she was accepted into one of the country's most "difficult to crack" musical theater programs, and her eventual success as a working actress in the Broadway theater community. Wheatley's stories of her life are ones filled with great insight. But the best part of the read is the humor with which she laces her book. This girl is FUNNY! Don't miss this easy read that will find you welling up with tears one minute and laughing out loud the next! I LOVED THIS BOOK!

I picked up this book on a total whim. The saying is that you can't judge a book by its cover, but sometimes that's more true in the metaphorical sense than reality. I admit, I judge books by their covers nearly every time. Some good cover art, or even something clean and simple, and I want to read the back or inside jacket. This cover caught my eye. It's very Playbill meets that Blind Melon video with the little girl in the Bee costume. (No Rain? Maybe? I think? It's been too many years since I've watched MTV and I doubt they'd ever play it anymore anyway.) It's more than a cool cover, though. It's hopeful, and funny, witty, down-to-earth, and SO inspirational. It's more than a coming-of-age story, because it's also a story of success. It's a true testament to the grit that comes with knowing what you want and being too stubborn to settle for anything less no matter what obstacles are in your way.

This is the story of what it's like to grow up seriously obese. Sharon Wheatley's story is sometimes funny and sometimes pitiful. It's like Judy Blume's *Blubber* come to life. Imagine being called

compared to a heifer in class and in front of a teacher who decides to do nothing about it. Imagine having a sales clerk who should at least try to be nice in order to sell you more clothes refer to you as gross within earshot of you. Sharon dealt with all this by becoming a jolly good sport and by throwing herself into her music. Later she loses weight and makes it to New York and Broadway. This is a pretty good memoir. It sympathizes with fat teens but doesn't tell them that it's okay to just make the pain go away by indulging in a food binge.

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Weight Loss with Low Carb Desserts) A Clinical Guide for Management of Overweight and Obese Children and Adults (Modern Nutrition Science)

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