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Fat Chance



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Synopsis

Judi Liebowitz thinks she’s fat. And she’s convinced, as she confides in her diary, that she’d be happier if she were skinnier. So when Judi becomes friendly with pencil-thin, glamorous Nancy Pratt, she learns Nancy’s secret and joins her in the secret binge-and-purge cycles of bulimia. Before long, Judi’s life spins out of control and her obsession with food, calories, and pounds is no longer another typical eighth-grade problem--it’s a matter of life and death.

Book Information

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Age Range: 8 and up

Grade Level: 4 - 7

Customer Reviews

In a starred review, PW said that this "convincing" and "true-to-life" story about an eighth-grade girl with bulimia "should be required reading for adolescent girls." Ages 12-up. (Aug.)rCopyright 1996 Reed Business Information, Inc.

Grade 6-9?Judi Beth Liebowitz appears to be a typical 13-year-old girl. She wonders what she will be when she grows up, what having a boyfriend would be like, and wishes she could lose weight. This desire to be thin, however, begins to dominate her thoughts and actions. Newman chooses a diary format to allow readers a personal look at Judi’s emotions. As diary entries progress, her determination to be thin consumes her. She becomes friendly with Nancy Pratt, the most popular and skinniest girl in school, and learns that Nancy binges and purges. As Judi begins to experiment with this new way of ridding herself of food, Nancy is rushed to the emergency room and placed in

intensive care. The story finishes a bit too neatly with Judi making up with her best friend, confiding in her English teacher, and confessing her problems with eating to her mother. Everyone is understanding, and she eventually meets with a counselor. Judi is a likable character with whom young teens can empathize, but Nancy is portrayed as a selfish, manipulative girl, and readers never learn her motivations. Fat Chance had the potential to be a strong story on an important topic, but it is too flawed to have its intended impact.?Melissa Yurechko, Ferguson Library, Stamford, CTCopyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I had hit a wall in terms of eating right and dieting. Then my sister shared with me how much she was able to lower her LDL in her cholesterol by reducing her sugar intake. I started to Google articles on sugar and came across Dr Lustig’s You Tube video. It was 90 minutes but it was, in a word, captivating. I was then fortunate to find out that he was coming out with a book at the end of December. I had it delivered to my Kindle while on a beach vacation during the Christmas/ New Year’s holidays.Well, as much as that does not sound like a good vacation book (I did read 2 other novels), it was fantastic on multiple levels. Dr Lustig has a gift because not only is he obviously educated in his field but he is articulate and extremely thorough.Specifically, his book details how sugar is bad for you but he takes it to a level where you totally get it. He explains it from angles that you have never even realized existed...politically, economically, socially and of course, scientifically. And it is not just sugar. He gets into every corner of nutrition....fiber, insulin, leptin, stress, exercise. The book covers everything. It is obvious he put a tremendous amount of effort into this book. He also states very clearly that he has scientific back-up to all of his statements.As I mentioned above, I was looking for a "new diet book" but this book is much more than that. Realizing what is going on in my body because I absolutely love and eat so many carbs was mind boggling. He teaches you all about food labels and let me tell you, it is an education. I am married over 25 years and my wife always does the food shopping. This book had such an effect on me, that I went food shopping by myself so that I could take the time and read the food labels. You cannot believe how much sugar is in your food. I am not even viewing my change in eating as a diet. This is about understanding what is going on with all of the garbage that we consume. For me, it is a change of life. The book just clicked with me.If you want to live longer(in addition to many other benefits such as losing weight), read this book cover to cover. I also love the fact that he endorses the glass of red wine I am drinking right now.

I devoured this book.Lustig, a pediatric endocrinologist at UCSF whose "Sugar: The Bitter Truth" lecture video got lots of hits on YouTube, has been watching the rise of obesity and its attendant ills in his practice over the last umpteen years. While not every obese person is unhealthy (and many people with acceptable BMIs still suffer from metabolic syndrome), obesity frequently brings in train "the cluster of chronic metabolic diseases...which includes...type 2 diabetes, hypertension (high blood pressure), lipid (blood fat) disorders, and cardiovascular disease," along with "co-morbidities associated with obesity, such as orthopedic problems, sleep apnea, gallstones, and depression." Lustig even mentioned the increase of dementia as tied to this whole mess, as insulin resistance leads to dementia!Consider some of his alarming statistics:- 1/4 of U.S. children are now obese;- Greater than 40% of death certificates now list diabetes as the cause of death, up from 13% 20 years ago;- The percentage of obese humans GLOBALLY has doubled in the last 28 years; there are now 30% more overnourished (obese) people than undernourished, worldwide;- Fructose (all the sugars you can think of, apart from the sugar in milk) is "inevitably metabolized to fat

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