



Taking Up Space: How Eating Well and Exercising Regularly Changed My Life

Pattie Thomas

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Taking Up Space is a sociological memoir about being fat and the physical, emotional and economic costs of trying to pass for thin in a culture that stigmatizes fat people. Making her own life a case study, medical sociologist Pattie Thomas, Ph.D., with the help of her co-author and husband Carl Wilkerson, M.B.A., outlines how stigma limit and shape the life chances of all people and are supported within culture. Through narrative text, poetry, essays, photos and drawings, Dr. Thomas shares her own process and demonstrates how a sociologically examined life can be a source for personal growth. An extensive resource section challenges both the popular reader and the academic to further exploration. Kathleen LeBesco, author of *Revolting Bodies: The Struggle to Redefine Fat Identity*, has called Taking Up Space "a road map through the minefield of the 'war on obesity.'" Foreword by Paul Campos, author of *The Obesity Myth* (published in paperback as *The Diet Myth*).

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