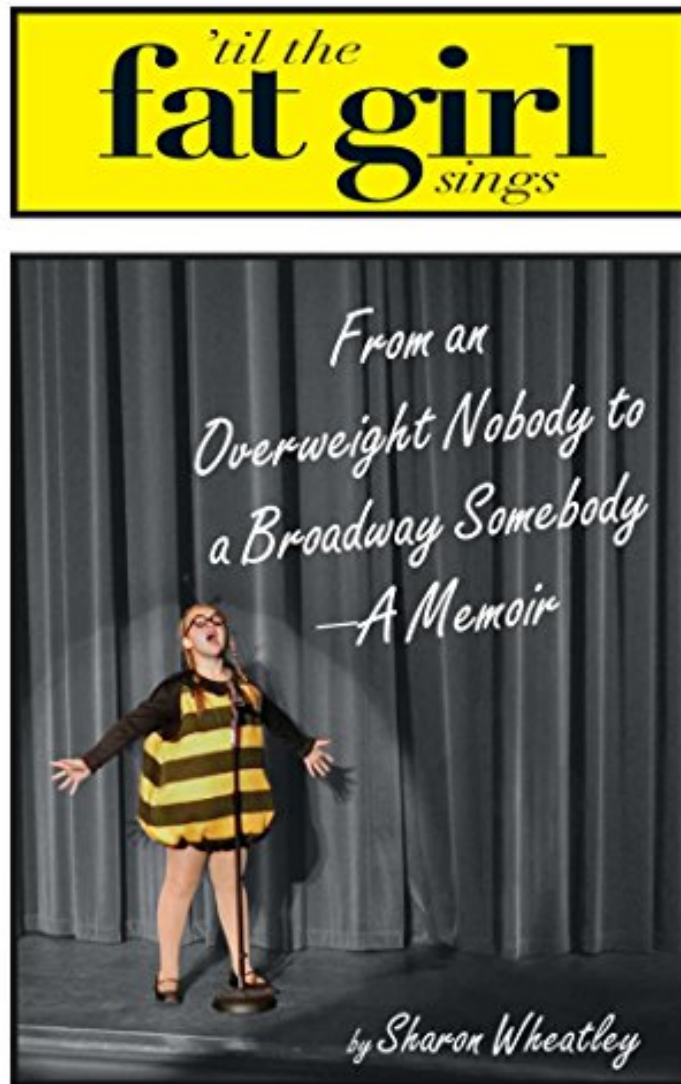


(Read free) Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir

Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir

Sharon Wheatley

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Sharon Wheatley : Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir before purchasing it in order to gage whether or not it would be worth my time, and all praised Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir:

4 of 4 people found the following review helpful. entertaining memoirBy CustomerThis 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. 1 of 1 people found the following review helpful. Unexpected! By Kelly Jessica Christopher 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 15-30lbs. 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! 4 of 4 people found the following review helpful. Sharon is a knockout! By Plein Jane 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.

A Simon Schuster eBook. Simon Schuster has a great book for every reader.

From Publishers Weekly 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. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author Sharon Wheatley (New York, NY) is a Broadway actress, and has appeared in such shows as *Cats*, *Les Miserables*, and *The Phantom of the Opera*. She also teaches nationwide seminars for high school and college students about body image and self-esteem. She has a major role in the Las Vegas production of the Broadway hit, *Avenue Q*, at the Wynn Casino. This is her first book.