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## Avoiding the Sumo Diet

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By Ashley Summers

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about me and how I changed my whole life. My name is Ashley Summers and I used to be fat. Not just a little fat, but very fat. All the problems in my life seemed to revolve around my weight. I was always the one hiding in the back of group photos. When possible, I would often try to avoid the camera in the first place by making excuses about how my hair was a mess when it wasn't. Looking back now, I realize I wasn't fooling anyone. One of the most embarrassing moments was when a little girl approached me in the mall to ask if I was going to have a boy or girl. Kids don't seem to have any inhibitions; they say what comes to their mind because they haven't developed a sense of self-censorship. You might be wondering why it was embarrassing to be asked that question. It was embarrassing because I wasn't pregnant. Most people don't understand how it feels to be judged and marginalized....



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