Saim Saudagar

Erp : 22791

The Author discovered the National Association to Advance Fat Acceptance (NAAFA), that moment she realized, then life-long fight against being fat, that it doesn’t mean being unhealthy, which without feeling humiliate or embarrassed, fat people must accept their bodies. She acknowledged that living in an American society during the twentieth-century, one person would believe and will surely have the feeling that being fat could even be a big personal, social and medical problem. And since of that, they're getting to never like better to be fat and would rather like better to die or cut a limb than to be thrown with cruel jokes on their body. By which fat people became deeply ashamed of their fat bodies and are spending their lives trying to pretend what they weren't. Additionally there to, thinness implies self-discipline and self-respect while fatness means self-contempt and lack or determination. She described the Fat and Happy: In Defense of Fat Acceptance, as bold as her experience when she was a little plump girl who started dieting when she was at an age of eight, to forty eight of age as of now. It was in the month of August 2000 she took part in the annual convention held by the National Association to Advance Fat acceptance (NAAFA). NAAFA was held in San Diego but she stated it to be like visiting on another planet as it was very different. She had realized, on her week-long stay that convention, that her whole life before that night, she was carrying the heaviest burden, how her body shame had affected her entire life. She had opened the mind of other fat folks that there are still places where body shame wouldn't be a hindrance upon reaching happiness on lifestyle. It had been the first night of the convention where this whole ‘different planet’ had shown its true nature to her. It had been an area where all those fat people have freedom, without shame, had exposed their feelings and had expressed their selves where it had been very different from what she stated her home planet where people like herself rather would be embarrassed and a non-expressive ones. They're on their stylish swimsuits, many fat folks that had now given the prospect without hesitations to be in their body, whatever it's getting to appear as if , that their self-consciousness had no place to enter. There's freedom with none shred of embarrassment and hesitations as support for her claim for the fat people on their stylish swimsuits. She addressed that place as a ‘different planet’, wanted to means how people perceived fat people on their place; or what she called her ‘home planet’ as very different a touch just like the distances between planets. The author further gives pressure on not abandoning and not letting go the sole way for them, the fat people, to live. She promise that even on their home planet, there would be no hesitation, there is a freedom, and that they are free to live without being embarrassed and to live by their own means and lifestyle carrying their own burden, even on their home planet. The author was challenging and galvanizing and thus the listeners, to live out their life freely as they have it to be. This might function as a motivation for those fat folks that the author had commanded them. The author during this manner had reached the silent part, and might opened the fat people’s consciousness to travel out of their cages and show they appear to be a neighborhood of the planet to live the same, normal, and a cheerful life, the way each and every one had wanted their life to be, the life taken from the fat people, which now had been given back to them. In the end the author emphasizes years of fighting for their metabolism, genes, and hunger, and being ashamed for many years, hating their bodies, and trying to control into being something they’re not, after spending mountains of cash and energy trying to evolve to something the society wants.