

## ❖ WELCOME ABOARD AND MOVE YOUR ASS OVER ❖

### SOME PRACTICAL TIPS & HIGHLIGHTS FROM

## EMBRACING YOUR BIG FAT ASS

By Laura Banks and Janette Barber

- ❖ Having a fat ass is like having a near death experience. You just have to keep breathing and move towards the light, only in this case it's the light coming from the refrigerator.
- ❖ Break out that Big Fat Ass and revel in it. Join a nudist colony if you want to. Be brave, wear a thong. Who cares what anyone else thinks?
- ❖ Know that the self-loathing that you have toward your backside will never go away. Embrace your hate and become one with your panty size.
- ❖ You are who you think you are—What you think of yourself is SO much more powerful than what others think of you.
- ❖ There appears to be a support group for pretty much everything except for people who are tormented by their asses.
- ❖ Forming a B-FAB (Beautiful Fat Ass Babe) Society: Create an atmosphere where you can celebrate and accept yourself exactly as you are.
- ❖ Janette has lost over 100 pounds. You should see her in a bathing suit – when she runs she looks like a lava lamp.
- ❖ Being a perfectionist about your weight can really make you a threat to yourself, your pets, and others—especially when you weigh yourself in the morning naked and tired, holding a cup of coffee.
- ❖ When it comes to men, a lot of B-FABs find themselves settling for second best. (This is explained in more complex, gruesome detail in the Laura Banks Confessional: “D-List Boyfriends” and in the Janette Barber Confessional: “That Asshole, Todd” in *Embracing Your Big Fat Ass*.)
- ❖ Let a man be obsessed with your ass if he wants to be. It's not your problem.
- ❖ You cannot be likeable, funny, engaging, interesting or even worthy of a second date, much less a relationship, if all you can think about the whole night is whether or not your ass falls within some socially acceptable dimension.
- ❖ STOP GIVING YOUR ASS SO MUCH POWER!
- ❖ The lesson for any smart B-FAB (Beautiful Fat Ass Babe) is to enjoy a man who wants to wine and dine you. Just be sure to say in advance, “If you put me in front of fancy food and elaborate sauces, I may put on a pound or two.” If he doesn't flinch after that, go for it.