



NEWS

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From The Authors Of The *USA Today* Bestselling Book *Breaking The Rules*
Comes A Hilarious New Book That Will Do For Weight Obsession
What *I Feel Bad About My Neck* by Nora Ephron Did For the Aging
Process or what Eve Ensler's *Vagina Monologues* did for the...
well, you know!

Embracing Your
BIG FAT ASS

By: LAURA BANKS & JANETTE BARBER

FOREWORD by ROSIE O'DONNELL

When former stand-up comedian and writer **Laura Banks** called up her friend and fellow co-author **Janette Barber** to talk about getting together to write another book, Janette was ecstatic. She writes, "When she invited me to write **EMBRACING YOUR BIG FAT ASS** with her I got so excited I leapt to my feet and my thighs applauded!"



It's a fact—today's society is obsessed with the perfect body. From the *Tyra Banks Show*, to *Oprah*, to the fashion industry—body image and the idea of what is normal and acceptable is a hot topic of discussion. Millions of women yearn to be a size 4, although a size 14 is the norm. Even men are constantly being groomed by the media to only appreciate a tiny waistline and a miniature backside.

But Laura Banks and Janette Barber are doing everything they can to change that. Victims of poor self-images when they were young, Banks and Barber are determined to turn their negative obsession into a celebration. By writing **EMBRACING YOUR BIG FAT ASS** (Atria; Trade paperback original \$14.00, On-sale: June 3, 2008, ISBN: 1-4165-4279-5), they've lampooned the body part that most often leads the list of things women wish they could change about their appearance. And in doing so, they offer solidarity, support, and inspiring advice to fellow B-FABS (Big Fat Ass Babes) everywhere.

EMBRACING YOUR BIG FAT ASS is the ultimate resource book on how to stop treating your butt—which you are pretty much stuck with for life—like the bane of your existence. Instead, it offers a fresh and hilarious perspective on accepting your ass and getting on with your life.

Packed with the authors' personal stories and vignettes, along with testimonials by other B-FABS, **EMBRACING YOUR BIG FAT ASS** is broken into sections that cover every aspect of life:

- ❖ **ROMANCE AND YOUR BFA**
- ❖ **BLAMING YOUR FAMILY FOR YOUR BFA**
- ❖ **CLOTHING, SHOPPING, & OTHER DISTRACTIONS**
- ❖ **THE IMPORTANCE OF DEVELOPING A NETWORK OF BFA FRIENDS**
- ❖ **WORKING WITH A WADDLE**
- ❖ **ATTEMPTED HEALTH & WEIGHT LOSS PROJECTS**
- ❖ **SURVIVING THE HOLIDAYS**
- ❖ **LEAVING IT ALL BEHIND—VACATIONS, SPAS, & BUSINESS TRAVEL**
- ❖ **EMBRACING YOUR BFA IN EVERYTHING YOU DO**

Banks and Barber say they have written this book because they care about women and their asses. With their keenly sharp humor, they truly delve into and explore one of the last frontiers of prejudice. As Rosie O'Donnell writes in her foreword to **EMBRACING YOUR BIG FAT ASS**, "The word 'fat' is one of the worst things you can call a person. If someone makes you mad enough, even if they're thin you'll call them fat. It's a one-size-fits-all insult."

It's time to change the way the world perceives the perfect body. It's time to start seeing ourselves and each other as the true person we are each meant to be without getting bogged

down by a number on a scale or size tag in our pants. And with **EMBRACING YOUR BIG FAT ASS**, Laura Banks and Janette Barber have gone a long way in doing just that.

Laura Banks and **Janette Barber** are the co-authors of the *USA Today* bestselling **BREAKING THE RULES: *Last Ditch Tactics for Landing the Man of Your Dreams***

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By Laura Banks and Janette Barber

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