

Summary of fat and happy



**ASSIGN
BUSTER**

Summary: Fat and happy. Our present day society has been made to think that being fat is wrong and unhealthy; that a fat person is undisciplined and unattractive. This makes fat persons feel ostracized and unhappy. They cannot accept themselves and society cannot accept them either. The purpose of this essays is to say that there is no reason to be ashamed of been fat; that there is no scientific data to prove that loosing weight or staying thin makes you healthier, that one's genetic makeup determines his body make up and size, so its better to get on with the business of living one's life whatever one's body size is.

Mary Ray Worley, in her article, " Fat and happy; in defense of fat acceptance", emphasis's that there is another way of looking at being fat; that is one needs to accept one's body size and enjoy it. Coming to terms with your body size gives you the opportunity explore ways and means by which you can be yourself and practice healthy living. She states that most fat people rush through dieting programs in the hope of conforming to society's pressure of loosing weight only to gain it back. This is a waste of time and money and obviously not the solution to the problem.

Hillel Schwartz in her article 'Fat and happy" shares the same notions above as Mary Ray Worley. She also asserts that its society that make fat people unhappy and discriminates against fat people like other minority groups. The two articles have successfully brought out the discriminations and the wrong perceptions of society about fat people. It enlightens the reader on the fact that been fat is no crime and accepting one's body weight is the best solution to the problem of being fat rather than going on numerous diets.

Schwarz asserts that " What causes the most damage is not the actual weight itself, but the fear of weight. People who drive their weight down and

<https://assignbuster.com/summary-of-fat-and-happy/>

up through a series of diets are those most likely to become fatter and unhappier than before, for they upset the natural equilibrium of their bodies." Both articles also bring to the notice of the reader the role health personnel play in compounding the problem of fat people instead of being sympathetic and helping them seek the right solution to the problem. And this may have been a contributing factor to fat people not seeking professional medical attention and the death of many fat people.

According to Schwartz, " A fat society would be less harshly competitive, less devouring. People could be assertive without seeming aggressive or threatening. There would be no cannibalism, no fear of swallowing or being swallowed up. Accepting one's own bulk, one need not consume others or gnaw at one's self. Dieting is cannibalism. Dieters eat off their own bodies." I agree with this statement to the extent that people should be allowed to be themselves and accepted as they are. But there have also been medical situations that the weight of a person is so threatening that there must be a reduction in weight so the health of the person could be assured. I think dieting should not be viewed as " cannibalism". As much as it does not help in weight reduction and sustenance, as evidence has proved overtime, it has its uses. After all, the body needs food to live but that does not mean one cannot decide to forgo a meal for health or religious reasons. After all, the bible says man shall not live by bread alone.