

Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir

By Sharon Wheatley

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Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir By Sharon Wheatley Bibliography

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Editorial Review

From Publishers Weekly
What's a gal to do when she tips the scales at 230 pounds and longs to sing on Broadway? Wheatley worked herself down to a manageable weight through a strict diet and exercise routine-but that's not the end of her story. In this combination memoir and motivational tract, the author chronicles her struggle with weight and how it affected her self-esteem as a child, professional actress and mother, until she reached the point that she was comfortable carrying around a few extra pounds. Wheatley's never-give-up approach to life is inspiring, and her writing is as smooth as it is conversational. Overall, though, this book's best audience might be young readers, who should be inspired by this overcoming-adversity story. The author, who leads seminars for students about self-esteem and body image issues, doesn't go into depth about her pound-dissolving process, except to say that she ate better and exercised. To that end, there's a frustrating vagueness throughout. For instance, when Wheatley lands a role in Cats, her contract stipulates she must lose 10 pounds, but the reader doesn't know her weight before or after. And though the cover resembles a Broadway Playbill, there's minimal behind-the-scenes dish. However, readers looking for a spirited pick-me-up will find it here.
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About the Author
Sharon Wheatley (New York, NY) is a Broadway actress, and has appeared in such shows as Cats, Les Miserables, and *The Phantom of the Opera*. She also teaches nationwide seminars for high school and college students about body image and self-esteem. She has a major role in the Las Vegas production of the Broadway hit, *Avenue Q*, at the Wynn Casino. This is her first book.

Users Review

From reader reviews:

Hallie Cathey:

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each book has different aim or maybe goal; it means that reserve has different type. Some people experience enjoy to spend their time for you to read a book. They may be reading whatever they take because their hobby is actually reading a book. Why not the person who don't like reading through a book? Sometime, individual feel need book whenever they found difficult problem as well as exercise. Well, probably you will want this Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir.

Owen Bourne:

Reading a reserve tends to be new life style on this era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world can share their idea. Books can also inspire a lot of people. A great deal of author can inspire their own reader with their story or perhaps their experience. Not only the story that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach

your kids, there are many kinds of book that you can get now. The authors these days always try to improve their proficiency in writing, they also doing some research before they write on their book. One of them is this Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir.

Andrew Fogarty:

A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a e-book. The book Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir it is rather good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book provides high quality.

Joshua Molina:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, the actual book you have read is Til The Fat Girl Sings: From an Overweight Nobody to a Broadway Somebody-A Memoir.

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