



Fat, Stupid, Ugly: One Woman's Courage to Survive

By Debrah Constance, J.I. Kleinberg

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In the spirit of *A Child Called "It"* comes an amazing story of resilience from a woman who triumphed over child abuse, cancer, and alcoholism to founder of A Place Called Home.

"I began life, it would seem, as some kind of Grimm's fairy tale creature, large and oafish, undesirable, grossly imperfect. Neatly penned in my baby book were the words, 'Debbie was a fat, unattractive baby.' Fat and ugly aside, my life was fairly normal for a couple of years. It would be a while before the abuse began. Before the smoking and pills, the rage and rebellion, the alcoholism and cancer, the broken marriages.

In those first uncomplicated years I could have set out on any of a dozen different paths toward an orderly life . . . it was not to be. . . . But this is not a story of defeat."

This is a book about surviving. It's about hope. It's about how each of us-ordinary, imperfect, damaged-can dream and heal. This book weaves the humorous, often outrageous, always courageous tapestry of Debrah Constance's life. Voted Woman of the Year by the State of California Legislature for founding A Place Called Home, (APCH) an organization providing services to at-risk inner-city kids in South Los Angeles, she proves that anyone can rise above life's obstacles and make a better life for themselves-and others.

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Editorial Review

From Publishers Weekly

The most compelling part of this book relates how Constance, who was named California's Woman of the Year in 1994, founded A Place Called Home—a youth center in South-Central Los Angeles that has become a refuge for inner-city gang members and gives them a chance to turn their lives around. APCH delivers many needed services, largely thanks to the author's hard work and commitment. Those who come through the doors can sign up for art, dance and music classes, homework help, sports and access to computers. But the bulk of this memoir is devoted to the author's struggle to deal with her father's sexual abuse; her mother's characterization of her as a fat, unattractive baby; three failed marriages; other troubled relationships; alcoholism, agoraphobia, smoking, a bout with cancer; and a traffic accident that nearly killed her. The author became sober through AA, forged a successful reunion with her alienated son and is currently in a loving relationship with a female partner. Although Constance has clearly overcome horrendous problems to get where she is today and should be applauded for her work with troubled teens, the detailed, artless and somewhat simplistic account of each obstacle is more numbing than inspiring.

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Review

A tremendously well written book with an inspiring message: From the hundreds of manuscripts we receive that are similar to *A Child Called "It,"* this shone the brightest because of the special quality of writing and what the author has accomplished.

About the Author

Debrah Constance founded A Place Called Home in 1993. APCH now offers its youth members many programs including an all-day school in collaboration with the Los Angeles Unified School District; computer lab; music; art; dance; tutoring and mentoring. In September of 1996, with a growth in membership to 400, APCH moved to its present location—a 10,000-square-foot facility that serves over 4,000 children.

J.I. Kleinberg is a freelance writer whose clients include individuals and corporations in the travel, healthcare, and design/print industries as well as a wide range of other businesses.

Users Review

From reader reviews:

James Crow:

What do you consider book? It is just for students because they're still students or the idea for all people in the world, the actual best subject for that? Merely you can be answered for that concern above. Every person has diverse personality and hobby for each and every other. Don't to be forced someone or something that they don't wish do that. You must know how great and also important the book *Fat, Stupid, Ugly: One Woman's Courage to Survive*. All type of book are you able to see on many sources. You can look for the internet resources or other social media.

Ruby Chartrand:

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