



TAKING UP SPACE

**How Eating Well & Exercising Regularly
Changed My Life**

by
Pattie Thomas, Ph.D.
with Carl Wilkerson, M.B.A.
foreword by Paul Campos,
author of *The Obesity Myth*

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Radio/TV Biography for Carl Wilkerson 30 seconds

Carl Wilkerson is a writer, performer, composer, lyricist, humorist, filmmaker, radio producer and entrepreneur. He has a BS in math and an MBA from Emory University. AND Wilkerson is deeply in love with a fat woman, the only fact about his life to which many people pay attention. He is here today to talk about his collaboration with his wife, Dr. Pattie Thomas, on her memoir, *Taking Up Space*, which shows how the “war on obesity” can be won by forgetting the battle of the bulge and instead learning how to carry one’s weight well.