



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***

Pattie Thomas, Ph.D.

Mesa, AZ

1-888-489-4601

pattie_thomas@yahoo.com

Pearlson Press

Nashville, TN

1-615-356-5188

peggyelam@pearlson.com



Radio/TV Biography – Pattie Thomas, Ph.D. 30 seconds

Medical sociologist Dr. Pattie Thomas describes herself as a reluctant warrior in “the war on obesity.” Her memoir *Taking Up Space* is about being fat and the physical, emotional and economic costs of trying to pass for thin in a culture and society that wages war on fat people. She is here today to talk about how the “war on obesity” can be won, not by losing weight, but by giving up the battle of the bulge and instead learning how to carry one’s weight well.