



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

*Debrah Constance (Foreword) , J.I. Kleinberg (As Told by) , Penny Marshall (Foreword by)*

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**Fat, Stupid, Ugly: One Woman's Courage to Survive** Debrah Constance (Foreword) , J.I. Kleinberg (As Told by) , Penny Marshall (Foreword by)

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.

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

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# **From Reader Review Fat, Stupid, Ugly: One Woman's Courage to Survive for online ebook**

## **Samanthaa says**

The book Fat, stupid, ugly by debrah constance is about a girl when she was small was not loved right. When her mom gave birth to her, she didnt wanted to hold her. She always lived with the name callings of fat ugly and that she was stupid. When her little sister came to the world she was the best of her mom and dad. She was intelligent and beautiful and her father would show her to everyone at work and to debrah he would hide her in the closet. Her father would sexually abuse her and physically and mentally. After a while she started smoking by the age of 12 or 13. Then she moved in with her grandma. Debrah had worked in couple of top jobs like companys ect. She had a couple of marriages. Her first one would abuse her alot. after she went back to live with her grandparents her grandma died then her grandfather after a couple of months or years. She had a son. after that she became an alcholic and would use drugs when she was in a relationship with another man. The bad moments in life kept going. after she went into charity and all. I recommend this book to those that like non-fiction, the real life things and memories.

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## **Isabel1692 says**

i learned that you don't have to do what your father tells you do and you should never let your husband treat you bad

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## **Jodumb Gearhart says**

Inspiring!

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## **Neely says**

This book was awesome. I laughed out loud and felt as if I knew the author. She is a true inspiration.

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## **Brittany says**

I read this book when I was in 8th grade. I was going through a hard time and thought I would be able to relate to this book. While reading this book I learned a lot. People could be so cruel and not care about anyone or how they feel. When people call other people names it makes them feel bad about themselves. I thought the author made some really good points and described how her experience shaped her as a person. I think we could all learn something through this book.

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## **Stacey says**

Wow the way that the author wrote this is awesome. This book taught me that if i ever have kids to treat them the same. Because in this book Debbie's mom like her little sister way better. The only love she gets from her parents is from her father. He even rapes her. I think this be reads by parents , so they could learn a important lesson which is to always treat her kids the same.

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## **Kristine Holmes says**

Fat, Stupid, Ugly was a book, like many others I have read, showing the strength of people to overcome adversity. I admire Debrah Constance for her strength and determination to improve the lives of the young people in her community. I did feel that there was a lot of issues that were touched on, which made the flow of the book rushed and at some points overwhelming. It could have been broken down into several books that would get into more detail. A Place Called Home, the youth center that Constance founded, is something I'd like to learn more about.

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## **Carolina EVHS Quiroz says**

It is a very interesting book, maybe a little sad. Debrah Constance writes this book about the verbal, physical and sexual abuse she suffered at the hands of her father. I probably wouldn't read this book again since its a bit depressing but I learned a lot about how abuse at an early age can affect you later on in life, and affect all of your decisions.

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## **Debby says**

Interesting story of a woman abused by her father. A testament to resilience.

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## **Diane Mueller says**

I was told this book was the woman's version of A Child Called It. Nope not even close. Took me a long time to read because it couldn't keep my interest. Very disappointing to me but I'm not sure I would of even enjoyed it if I was reading it with A Child Called It in mind. Yes her childhood wasn't easy, bad things happened to her, bad things happened during one of her marriages. Yes she has started a great organization and I wish she had focus on it and the children there. Then maybe I would of enjoyed the book more. I was thinking of sending this to my old high school after I read it. Now that I read it I don't think any of the kids there would even relate to this woman's life. Not like they did to A Child Called It.

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## **Chris cruz says**

i heard this book is beast so u already know

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### **Ashleigh says**

A fan of A Child Called It, I assumed I would enjoy Fat, Stupid, Ugly as well. Unfortunately I did not and found that though the story itself was inspiring, the execution was boring and choppy. I would not read another book by this author. If you haven't already, try reading a Child Called It, a better book in this genre.

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