



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 Baron:

The book Fat, Stupid, Ugly: One Woman's Courage to Survive give you a sense of feeling enjoy for your spare time. You need to use to make your capable considerably more increase. Book can to be your best friend when you getting tension or having big problem along with your subject. If you can make looking at a book Fat, Stupid, Ugly: One Woman's Courage to Survive being your habit, you can get far more advantages, like add your own capable, increase your knowledge about some or all subjects. You can know everything if you like start and read a guide Fat, Stupid, Ugly: One Woman's Courage to Survive. Kinds of book are several. It means that, science publication or encyclopedia or other individuals. So , how do you think about this book?

James Ronquillo:

As people who live in the modest era should be upgrade about what going on or details even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe can update themselves by reading through books. It is a good choice for yourself but the problems coming to anyone is you don't know what type you should start with. This Fat, Stupid, Ugly: One Woman's Courage to Survive is our recommendation to cause you to keep up with the world. Why, because book serves what you want and want in this era.

Barbara Simon:

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Charles Melendez:

That book can make you to feel relax. This book Fat, Stupid, Ugly: One Woman's Courage to Survive was colourful and of course has pictures on there. As we know that book Fat, Stupid, Ugly: One Woman's Courage to Survive has many kinds or category. Start from kids until young adults. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book are usually make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading this.

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