

Nevada Middle School  
Nevada, Iowa

Dear Leslea Newman,

I feel that your book Fat Chance turned my life completely around from going from life-threatening to as good as I could ever want. I am a typical eighth-grade girl, doing the typical eighth-grade things—you know, dating guys, getting my heart broken because for some reason I thought I was in love. Then there was this one guy that made things worse. He wouldn't ever like me and I couldn't figure out why, so I thought it was because I was fat or I wasn't pretty enough. Then I read your book. It made me realize that being bulimic or anorexic could really hurt you, to the point that it could kill you. I'm not going to lie—there were times that I almost did become bulimic like Nancy! Luckily, I could never bring myself to stick two fingers down my throat and make myself puke. It scared me to think who was going to walk in or hear me, but then again I would do anything to get to this guy! I practically stopped eating and was running all the time and was just telling people that I wasn't hungry, that I had a big breakfast. I felt horrible lying to my friends and family, but what did I care? I wanted this guy, and I would do anything to get him.

Reading what Judi was going through, I thought I was reading my own life story, and that wasn't good. You should never think of yourself as fat or ugly. What a guy really wants from a girl, is a girl who thinks well about herself, or a girl who is happy. Not a girl who is always wanting to change! I'm glad I read your book; I feel if I hadn't I wouldn't be writing this right now because I probably would have been dead or close to it!

My best friend once told me that she used to not like me because I was never happy with myself and that I was always saying, "I'm fat, I'm ugly:" and stupid things like that! Now that I'm happy with myself I have gained a lot of girls' respect and a lot of girls tell me that they want my personality! All that I say to them is all I am doing is being myself and no one else. The person I am is the person I'm happy with! If a guy doesn't like me for me, there's a very slim chance that he's going to be the guy for me! A guy should love you for you, not the fake you! A little advice: Live your life as you; I promise your life will be one hundred percent better.

Thank you for writing Fat Chance and letting me and many others have the opportunity to turn our lives around!

Sincerely,

Felicia Olson