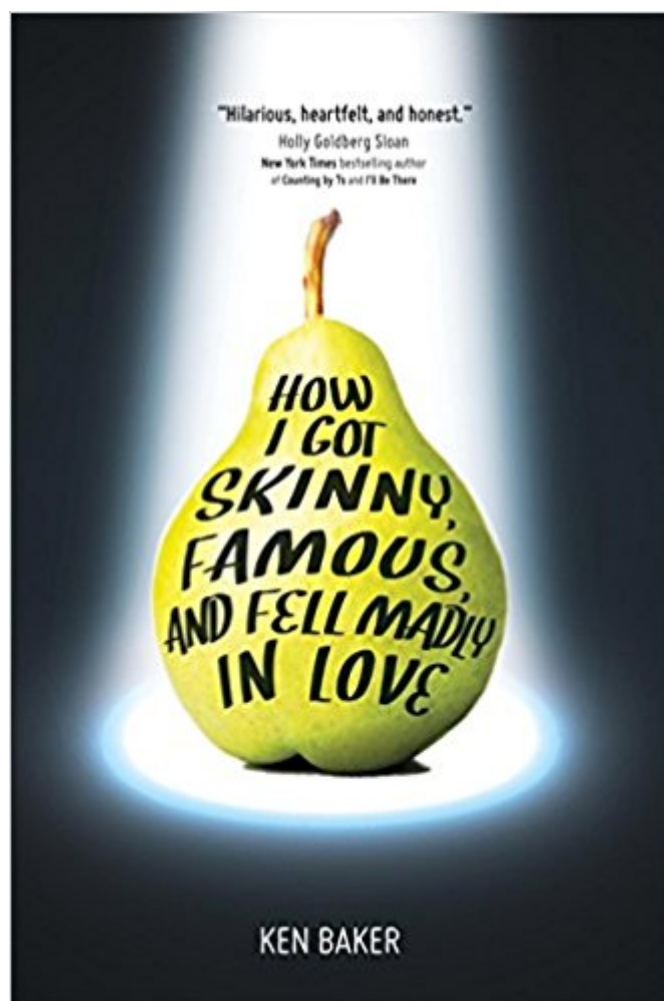


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# How I Got Skinny, Famous, And Fell Madly In Love



## Synopsis

Thick. Heavy. Big-boned. Plump. Full-figured. Chunky. Womanly. To Emery Jackson, these phrases are just nice euphemisms for the big word of fat. But to her workout fiend dad, underwear model sister, and former Laker Girls mother, they are unacceptable states of being. Emery's cash-strapped family's solution? Signing up for a reality TV show in which Emery will have to lose fifty pounds in fifty days in order to win a million dollars. As the pounds start to drop and the ratings skyrocket, Emery feels the weight of success. And she must figure out how to turn the truths she uncovers about beauty, love, fame, and family into the keys to more than just fortune.

## Book Information

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Age Range: 12 - 17 years

Grade Level: 2 and up

## Customer Reviews

Gr 9 Up Emery Jackson, daughter of a former model and a basketball star, and sister to an aspiring TV host, has begrudgingly accepted her role as the snarky, pleasantly plump sister with a pretty face. An opportunity arises for the dysfunctional Southern Californian family to be showcased in a reality TV show that will follow the protagonist as she tries to lose 50 pounds in 50 days. Emery undergoes physical, emotional, and psychological challenges as she deals with the backlash and privacy issues that are part and parcel with her instant celebrity status, in addition to her rigorous diet and exercise regime. While important and relevant topics such as self-worth and slut-shaming

are broached in the narrator's YouTube monologues, which are interspersed throughout the narrative, these themes barely skim the surface of this problematic novel. An uneven treatment of her bout with an eating disorder and an out-of-left-field reveal at the end, will keep teens from connecting with Emery. Even though the main character is technically obese, the description of her weight and height don't completely jive with how she describes herself in the mirror. Whether this is due to Emery's negative self-image is never made clear by the author. For a more nuanced take on body issues in YA, offer mature readers Erin Jade Lange's *Butter* (Bloomsbury, 2012) or Kody Keplinger's *The Duff* (Little, Brown, 2010).  
—Shelley Diaz, School Library Journal

In a world where beauty reigns supreme and fit bodies are worshipped, plus-sized Emery Jackson, age 16, size 16 wrestles with her desire to be loved and her devotion to food. She hates the three-letter F-bomb fat but admits that's exactly what she is. Her California-beach family includes her mother (a former Lakers Girl); her father (a former Laker turned motivational speaker); and her underwear-model sister (the poster girl for perfection, fake boobs and all). The anchor in Emery's storm is her chubby, easy-going boyfriend, Ben, who unwaveringly loves her for herself. When the family home is threatened with foreclosure, Emery finds herself the star of the new hit reality show *Fifty Pounds to Freedom*. Can she lose 50 pounds in 50 days to win a million dollars? Emery, a colorful, outspoken, and compelling narrator, is a truth-teller and a truth-seeker whose internal and external struggles have that stick-to-your-ribs quality (without the calories). Baker clearly illustrates the everyday battles many girls deal with and sends the message that they're not alone and that they are in control. Grades 8-11.  
--Jeanne Fredriksen

First off, I am not a young adult, but that is beside the point because this book addresses issues that all women face at some point in their life whether skinny or "fat". It's a book I had trouble putting down, since it captured me from the first paragraph! The narrative, in Emery's words, is very authentic and I think young adults can easily relate to it. During Emery's 50 days to Freedom journey through weight loss, we get to see her strong, good character emerge and although she makes some mistakes, in the end she had the courage to follow her convictions. I thought there were a lot of thought provoking issues brought up, yet in a very entertaining way. I liked her boyfriend Ben's character too. He's the kind of boy we would all hope to have as sons, or partners in life. I was sad to have the story end, because it left me wishing to know more about what is going to happen in Emery's life. And for me, that's the sign of a good story, when you are left wanting more! I

would not hesitate to recommend this book to everyone I know, young adult or otherwise.

I just finished the book and now I don't know what to do with myself. You know when you walk around all day thinking about the characters in a book and wonder what they will do next? That's what's happening to me with this book. How I Got Skinny, Famous, and Fell Madly in Love is so fun. It came while I was finishing up A Feast For Crows (part of the Game of Thrones series). I thought I would just thumb through a few pages and see what How I Got Skinny, Famous, and Fell Madly in Love was about, but then I couldn't put it down. Just when you think you have Emery, the main character, all figured out the author, Ken Baker, throws in a shocking surprise. I loved it. I've read two of his other books also, Man Made and Fan Girl. Get those too. They are excellent.

At first the context seems very shallow, an overweight girl goes on a reality show to change her life, lose weight and in the process become famous. You soon learn there is nothing predictable about this heroine or this story! Underneath the shallow appearance is the deeper context of everything we all really seek out of life! Great read for today's youth in search of fame and self acceptance.

The book got better every second. After every chapter I was like ' I gotta read the next chapter!' This book reminded me of my friend Izzy. She was obese and she didn't care but finally she lost some pounds!

Fun book for the beach or something... Saw lots of pics on Instagram about it so I got it... Not super good but if you are looking to read about weight loss and reality tv show sure

Fast reading, good book but the book finishes leaving a million questions and problems without answers. Is it because there is going to be a book 2?

I liked this book but found the ending a little flat.

Loved this book. There's an Emery Jackson in everyone of us. Begs the question, what would you do with beauty, love, and fame at your disposal? Thought-provoking, Entertaining. #obsessed.

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