

The name-calling and hurtful actions from others began the day Linda entered the public school system. Searching to belong, she learned quickly that a snappy comeback was her best defence. Born in 1947, just after the Second World War, into a home of loving parents, eccentric grandparents and a few unconventional relatives, Linda was a precocious, happy child. Regrettably, she was bullied in life as she struggled with obesity. Her saviour was “anything western”: television shows, movies, horses, dude ranches and eventually cowboys. With many obstacles along the way, Linda blazed a trail from Vancouver’s big city to the dusty Cariboo to follow her dream of horses, ranches, and riding. Linda’s story is heartwarming and heart-wrenching, uncommonly adventurous and unusually comical. Anyone who has struggled with not fitting into what society thinks to be “normal” will find Linda’s experiences encouraging



and relatable. Allow Linda to inspire and remind you that it is not about the happily ever after, it is the joy you create along the way when it seems the world is against you that matters. Karen Harmon is the author of two previous award-winning books: *Looking for Normal* and *Where is My Happy Ending? A Journey of No Regrets*.

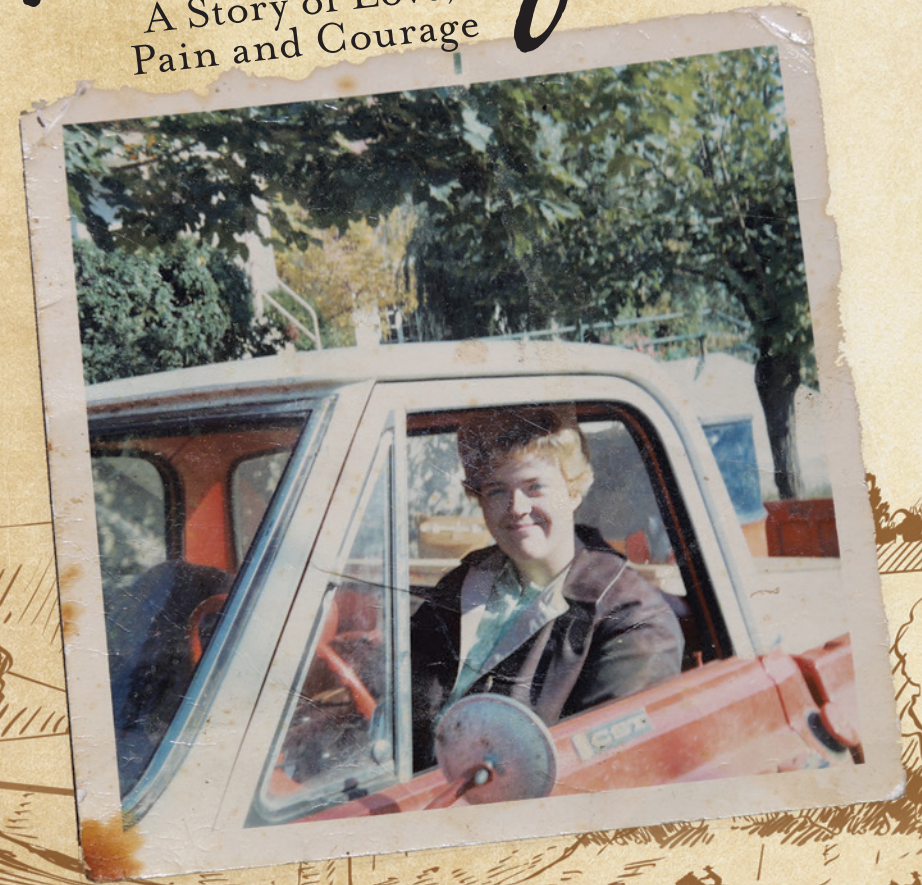
Fat and Beautiful: A Story of Love, Pain and Courage is another book to add to Karen’s collection of memoirs filled with family drama, humour and nostalgia.



Fat and Beautiful

Fat ^{and} Beautiful

A Story of Love,
Pain and Courage



Karen Harmon

by Karen Harmon
with Linda Bonner