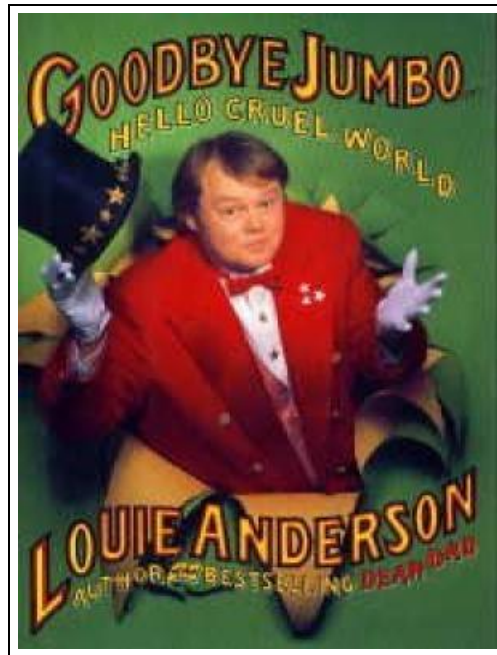


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Viking Books, 1993. Hard cover. Book Condition: New. Dust Jacket Condition: New. Robert De Michiell (illustrator). Viking ed. New in new dust jacket. Sewn binding. Paper over boards. With dust jacket. 242 p. Audience: General/trade. From Publishers Weekly Rotund comedian Anderson, who frequently appears on late-night television, knows that "fat jokes" aren't funny. In examining the source of his addiction to junk food, he here expands his search for self-understanding begun in his first book, *Dear Dad*. One of 11 children of an abusive, alcoholic father and a complacent mother who treated the family's hurts with massive amounts of food, Anderson chronicles the steps he has taken--forward and back--to find the causes of the low self-esteem he expresses in overeating. Comparing himself to the circus elephant Jumbo, he leavens his sad personal journey with wry humor and bits from his comic routines. He notes that his candid evaluations of family relationships facilitate an emotional healing that allows him--as he suggests it will others--to better care for his body. Copyright 1993 Reed Business Information, Inc. From Kirkus Reviews Weightless epiphanies about losing weight from Anderson, professional comedian and bestselling author of *Dear Dad* (1989). Anderson's earlier surprise hit was low-key but effective as he faced his dead alcoholic father with unmailed letters that relieved his low self-esteem. Dad usually called him "lard-ass," a memory that kept Anderson walling up in food until he joined Adult Children of Alcoholics and entered therapy. The present book focuses largely on Anderson's life before therapy and ACOA, with the prosperous but unhappy young comic having to stand on side-by-side scales to weigh his 360-plus pounds (he suggests at one point that he topped 400). Anderson bemoans the failure of diets to keep his weight off--weight he has lost repeatedly--and determines that his entire family...



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