Title page

Class participation

The story ‘A Big Fat Slob’ is linked to my life because I used to be an obese during school years. I agree with the viewpoints of the author who sheds light on the common issues of overeating and overweight. I personally believe that obesity has negative impacts on one’s mental state because fat people are victims of body shamming. I still remember that I was bullied at school due to by obesity. Many of my class fellows used to annoy me by calling ‘fatty’.

The story has attempted to portray the negative implications of obesity on the mental state of people. I agree that depression and anxiety are common outcomes of fatness. In the story the thirty-years old obese woman needed therapy for overcoming her depression. I believe that every obese child and adult needs counseling because obesity is not only deteriorates physical health but also leads to mental issues. I experienced similar situations of embarrassment in my life as highlighted in the story. I agree that eating disorders promote fatness but the victim is unable to control it. Whenever I attempted to follow a diet plan for killing fatness I failed because I was always tempted to savory food. I used to look at the mirror and felt sad because I wanted to look smart and cool.

The story has relevance to my personal life because I remained a victim of obesity in my childhood. I think that the author has highlighted real problem faced by the American society as the rate of obesity is rising due to increased dependence on fast food. therapy and counseling can be used for helping people in overcoming obesity. In the conclusion I believe that the story made a right point on controlling obesity.