

[PDF] Delta Style: Eve Wasn't A Size 6 And Neither An I

Delta Burke, Alexis Lipsitz - pdf download free book

Books Details:

Title: Delta Style: Eve Wasn't a Siz

Author: Delta Burke, Alexis Lipsitz

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Description:

From Publishers Weekly TV sitcom star (Filthy Rich, Designing Women) Burke describes her journey from beauty pageant winner (18 in all) to TV star and, most recently, tabloid fodder for her weight problems in this "slim" but engaging memoir/style book. While pageants gave Burke a start, it was TV that made her a household name, most particularly as the irrepressibly self-absorbed Suzanne Sugarbaker on Designing Women. It was also in TV that she discovered that anything larger than the size six she struggled to maintain was not acceptable; in Hollywood, beauty is apparently only for the slim. Burke points out that a double standard exists in the entertainment industry: "I went from being Barbie on a pedestal to a sexless, unattractive nonentity... Whereas my husband [actor Gerald McRaney], who is balding, who is getting a little bit of a potbelly, and who is now fifty, nonetheless is expected to romance twenty-year-olds in his onscreen roles." Now, after

years of struggling to maintain a size that pleased TV executives and cameras, Burke has come to terms with her weight. She offers solid advice for maximizing one's appearance and developing the confidence to live up to one's own image, not someone else's. She also includes resources for products and clothing created for the "real-size" woman. Burke's fans and anyone who has struggled with weight and attendant self-esteem issues will likely welcome the story of a once slender, still beautiful woman who, rather than conform to an impossible (and possibly unhealthy) standard of body size, has chosen to celebrate what she is rather than to lament what she is not. 48 pages of color photos. First serial to People; author tour.

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From School Library Journal YA-One of the unforgivable sins of the teenage years is to exist outside approved group standards, to look or act in ways that set you apart from your peers. Burke was not born to blend in, even before her weight became an issue of national interest during her seasons playing the role of Suzanne Sugarbaker on the television comedy, *Designing Women*. From the time she was very young, Burke loved the look of tiaras, and thus gathered several of them winning beauty pageants. She was admired first as a beauty queen and then as a successful "real size" actress. Full of hope and sound advice, her story reflects her winning personality. She mixes lots of reminiscences and photos with her personal philosophy of style. She includes many useful tips to enhance the beauty of large women of any age and to help them feel good about themselves. Her central message is that a large person has as much unique beauty as a small person, despite society's current norms. She reminds readers that while looking good is important, the key to happiness is to focus on feeling good from within. Readers blessed with generous curves will learn some beauty secrets and gain increased self-esteem after delving into this useful and entertaining book. Even thin girls will find it fun to browse through the many personal photos.

Catherine Charvat, King's Park Library, Burke, VA

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