



# I Do It with the Lights On: And 10 More Discoveries on the Road to a Blissfully Shame-Free Life

By Whitney Way Thore

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**I Do It with the Lights On: And 10 More Discoveries on the Road to a Blissfully Shame-Free Life** By Whitney Way Thore

**From the star of TLC's *My Big Fat Fabulous Life* and the YouTube sensation "A Fat Girl Dancing" comes an empowering memoir about letting go of your limitations and living the life you deserve. Right now.**

Whitney Way Thore stands five feet two inches tall and weighs well over three hundred pounds, and she is totally, completely, and truly . . . happy. But she wasn't always the vivacious, confident woman you see on TV. Growing up as a dancer, Whitney felt the pressure to be thin, a desire that grew into an obsession as she got older. From developing an eating disorder as a teenager, to extreme weight gain in college, to her ongoing struggle with polycystic ovarian syndrome (PCOS), Whitney reveals her fight to overcome the darkest moments in her life. She holds nothing back, opening up about the depths of her depression as well as her resilience in the face of constant harassment and mistreatment.

Now Whitney is on top of the world and taking no BS (Body Shame, of course). And she's sharing the steps she took to get there and the powerful message behind her successful No Body Shame campaign. She even reveals her favorite "F" word (it's probably not what you think), the thrill of doing it with the lights on, and the story behind the "Fat Girl Dancing" video that started it all.

Exuberant and utterly honest, *I Do It with the Lights On* is the inspiring story of how Whitney finally discovered her fabulousness when she stepped off the scale and into her life, embracing herself unconditionally—body, heart, and soul.

**Advance praise for *I Do It with the Lights On***

"Whitney's story is one of radical vulnerability. She is a vibrant example of what it means to choose confidence when insecurity beckons from every corner. She is cool, funny, and shameless—in the best possible way."—**Kelsey Miller, author of *Big Girl: How I Gave Up Dieting & Got a Life***

"Soaring above expectations, *I Do It with the Lights On* delves into the

complicated relationship between a woman and her body. With her trademark charisma, Whitney emerges triumphant, plucking from the mire some of the most important realizations one can hope to have. If you have a body, this memoir is a must-read.”—**Linda Bacon, PhD**

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### Editorial Review

#### Review

“The star of TLC’s *My Big Fat Fabulous Life* reveals herself in a new way in *I Do It with the Lights On: And 10 More Discoveries on the Road to a Blissfully Shame-Free Life*. Thore opens up about her own difficult yet gratifying path to self-acceptance, plus candidly tackles everything from eating disorders to harassment. Her work is stirring and serves as yet another step in her fight to end body shame.”—*Bustle*

“Whitney’s story is one of radical vulnerability. She is a vibrant example of what it means to choose confidence when insecurity beckons from every corner. She is cool, funny, and shameless—in the best possible way.”—**Kelsey Miller, author of *Big Girl: How I Gave Up Dieting & Got a Life***

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#### About the Author

**Whitney Way Thore’s** viral YouTube series “A Fat Girl Dancing” thrust her into the spotlight and sparked a global conversation about body image, leading her to found the No Body Shame campaign to help people of every variety love and live their lives free of shame. As a body-positive activist and self-love advocate, Whitney has appeared on dozens of national and international television programs and continues to garner attention from media outlets worldwide. Whitney currently stars in TLC’s hit reality show *My Big Fat Fabulous Life*, which showcases her family and friends, her dance career, and her life with PCOS. When she’s not on TV, Whitney keeps busy by speaking at universities, writing, and dancing. She lives in Greensboro, North Carolina, with her two cats, Henchi and Wanda.

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Do you have favorite book? When you have, what is your favorite's book? E-book is very important thing for us to understand everything in the world. Each guide has different aim or perhaps goal; it means that e-book has different type. Some people experience enjoy to spend their time for you to read a book. They are really reading whatever they take because their hobby is definitely reading a book. Why not the person who don't like examining a book? Sometime, man or woman feel need book whenever they found difficult problem or perhaps exercise. Well, probably you will want this *I Do It with the Lights On: And 10 More Discoveries on the Road to a Blissfully Shame-Free Life*.

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### **Henry Reavis:**

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