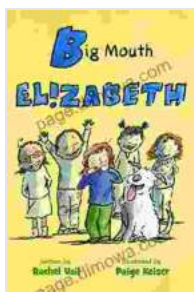


# Big Mouth Elizabeth Is For Elizabeth: A Review

Big Mouth Elizabeth Is For Elizabeth is a memoir by Elizabeth Gilbert, the author of the bestselling book Eat, Pray, Love. In this book, Gilbert tells the story of her struggle with body image and self-acceptance. She writes about her childhood, her adolescence, and her adult life, and she shares the lessons she has learned along the way.



## Big Mouth Elizabeth (A Is for Elizabeth Book 2)

by Rachel Vail

★★★★☆ 4.9 out of 5

Language : English  
File size : 44069 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 125 pages



Gilbert is a gifted writer, and she tells her story with honesty, humor, and insight. She writes about the pain of being teased about her weight, the shame of feeling like she didn't measure up to society's standards of beauty, and the struggle to find her own path in life.

But Gilbert's book is not just a story of pain. It is also a story of hope and healing. Gilbert writes about the people who have helped her along the

way, and she shares the lessons she has learned about self-acceptance and self-love.

Big Mouth Elizabeth Is For Elizabeth is a must-read for anyone who has ever struggled with body image, self-acceptance, or finding their place in the world. Gilbert's story is inspiring, and her message is one that everyone needs to hear.

### **Gilbert's Childhood**

Gilbert was born in Connecticut in 1969. She was a happy, healthy child, but she was also overweight. From a young age, she was teased about her weight, and she began to feel ashamed of her body.

Gilbert's parents were supportive, but they didn't always know how to help her. They tried to help her lose weight, but their efforts were often unsuccessful. Gilbert felt like she was a failure, and she began to withdraw from social activities.

### **Gilbert's Adolescence**

Gilbert's adolescence was a difficult time. She continued to struggle with her weight, and she also began to experience anxiety and depression. She felt like she didn't fit in anywhere, and she began to lose hope for the future.

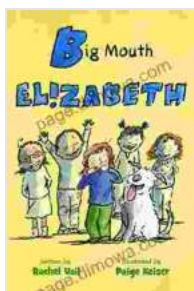
Gilbert's parents were concerned about her, and they sent her to therapy. Therapy helped Gilbert to understand her emotions and to develop coping mechanisms. She also began to meet other people who were struggling with similar issues, and she began to feel less alone.

## Gilbert's Adult Life

Gilbert's adult life has been a journey of self-discovery and self-acceptance. She has learned to love her body, and she has found her place in the world. She is now a successful writer and speaker, and she is passionate about helping others to find their own path to self-acceptance.

Gilbert's story is an inspiration to anyone who has ever struggled with body image, self-acceptance, or finding their place in the world. She shows us that it is possible to overcome our challenges and to live a happy, fulfilling life.

Big Mouth Elizabeth Is For Elizabeth is a powerful and inspiring memoir. It is a must-read for anyone who has ever struggled with body image, self-acceptance, or finding their place in the world. Gilbert's story is one of hope and healing, and her message is one that everyone needs to hear.



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