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Dietland

By Sarai Walker



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Dietland By Sarai Walker

A Best Book of the Year

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“Audacious and gutsy and heartbreaking — *Dietland* completely blew me away.”
— Jennifer Weiner

The diet revolution is here. And it's armed.

Plum Kettle does her best not to be noticed, because when you're fat, to be noticed is to be judged. With her job answering fan mail for a teen magazine, she is biding her time until her weight-loss surgery. But when a mysterious woman in colorful tights and combat boots begins following her, Plum falls down a rabbit hole into the world of Calliope House — an underground community of women who reject society's rules — and is forced to confront the real costs of becoming “beautiful.” At the same time, a guerilla group begins terrorizing a world that mistreats women, and Plum becomes entangled in a sinister plot. The consequences are explosive.

“A giddy revenge fantasy that will shake up your thinking and burrow under your skin” (*Entertainment Weekly*), *Dietland* takes on the beauty industry, gender inequality, and our weight-loss obsession — with fists flying.



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- Binding: Hardcover
- 320 pages

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Editorial Review

Amazon.com Review

An Amazon Best Book of May 2015: Warning: this debut novel from a onetime writer for *Seventeen* and *Mademoiselle* is not what it might at first seem to be: a funny send-up of the beauty industry and the media that support it. Well, ok, it is that, at least for the first 50 pages or so, but it soon becomes one of the more intelligent, and not a little subversive, depictions of women in our society. Oh, drat: that makes it sound brainy and Feminism 101-y, which is not right, either. So... trying again. Read *Dietland*, the tale of a young, overweight woman who hides behind a skinny-girl persona to write an advice column for a women's magazine – and is soon drawn into an underground community of women who forthrightly and fabulously reject that culture. Read it not only because it's smart and timely (and shocking: it explicitly takes on the adult film culture as well), but because it's heartbreaking and tragic and very very comic (as long as you like your laughs dark) and because it will guarantee that you never look at a lipstick or a pair of stilettos or a bathroom scale the same way again. Sarai Walker is some kind of twisted sister. And of course I mean that as the highest possible compliment. – *Sara Nelson*

Review

An Amazon Top 100 Editors' Pick of the Year

One of *Entertainment Weekly's* "10 Best Books of 2015"

One of *Bustle's* "2015's 25 Best Books, Fiction Edition"

A *New York Post* "Best Novel to Read This Summer"

An *Us Weekly* "Hot Summer Novel"

O, *The Oprah Magazine*, "10 Titles to Pick Up Now"

A *USA Today* "New and Noteworthy" Book

One of *Vulture's* "8 Books You Need to Read This May"

A *Kirkus* "Best Fiction of 2015" Title

One of *BookPage's* "Best Books of 2015"

One of *Kobo.com's* "Must Read Fiction Debuts of 2015"

A *LitReactor* Staff Pick: The Best Books of 2015

One of *New York Daily News's* "10 Books for Your Summer Reading List"

Women's National Book Association, "Great Group Reads 2015"

An Indie Next Pick

"*Dietland* completely blew me away. It's audacious and gutsy and heartbreaking and I want to grab women on the street and shake them until they promise to read it—and also buy copies for their daughters."

—Jennifer Weiner, #1 *New York Times* bestselling author of *Good In Bed*, *In Her Shoes*, and others

"Walker's first novel leaves chick lit in the pixie dust, treading the rougher terrain of radical critique and shadowy conspiracies — territory closer to Rachel Kushner than Helen Fielding."—*New York Magazine*, One of *Vulture's* "8 Books You Need to Read This May"

"If Amy Schumer turned her subversive feminist sketches into a novel, dark on the inside but coated with a glossy, palatable sheen, it would probably look a lot like *Dietland*—a thrilling, incendiary manifesto disguised as a beach read...It's a giddy revenge fantasy that will shake up your thinking and burrow under

your skin, no matter its size."—*Entertainment Weekly* (Grade: A)

"I've never dropped anyone out of a helicopter. But *Dietland* resonated with the part of me that wants, just once, to deck a street harasser. At the very least, I wish an incurable itch upon everyone who has catcalled me on the street. I wish food poisoning and public embarrassment on everyone I've heard make a rape joke. I wish toothache and headlice and too-small shoes upon every stranger who has told me to smile. Which is to say, sometimes I forget I'm angry, but I am. *Dietland* is a complicated, thoughtful, and powerful expression of that same anger."—Annalisa Quinn, NPR.org

"Plum Kettle, a ghostwriter for a popular teen mag, is lured into a subversive sisterhood in this riotous first novel. Finally, the feminist murder mystery/makeover story we've been waiting for."—*O, The Oprah Magazine*, One of "10 Titles to Pick Up Now"

"A delightful, page-turning thriller that's also a feminist revenge fantasy. I tore through it in about two days—it is amazingly accessible while still being whip-smart, and it deals with timely issues without feeling like a lame *Law & Order* 'ripped from the headlines' stunt."—Jessica Grose, Lenny Letter

"[Ms. Walker's] writing can spit with venom, at the rigid expectations of women's weight and sexuality...As a social commentary, *Dietland* is no shrill tirade. Ms. Walker captures the misery of failing to fit in, to fit into the right clothes, to fit in with the right people and their expectations."—*The Economist*

"At 300 lbs., Plum Kettle lives for the days when gastric bypass will help her shed her extra girth—until she's challenged to shed her misery instead. Witty and wise."—*People*

"Extraordinary...Walker skewers the diet industry and many other realities of the misogynistic world we live in...The world needed this novel; it's a breath of fresh air to feminist literature with a nod to dystopian lit but a lot of contemporary flair... altogether different, fiercely political yet stylistically unique and readable...It's a very well-rounded, emotionally rich tale... Plum is a character who will stay with me, and that's no small thing."—Charlotte Hammond and Trilby Beresford, *Amy Poehler's Smart Girls*

"The anti-beach read, this spiky, funny book skewers the beauty industry and the first world's weight-loss obsession. The story revolves around constantly hungry ghostwriter Plum, who gets involved in an underground feminist group that challenges her world view. It's wonderfully unapologetic, off-beat and a lot of fun."—*Elle UK*

"Sarai Walker deftly marries body insecurities and humor in her satirical debut. At 300 pounds, Plum declares a diet fail and concedes to weight-loss surgery. But when she meets a radical feminist, she begins to try on confidence for size."—*US Weekly*

"*Fight Club* meets Margaret Atwood in this absorbing thriller that weighs the expectations of society against one's own self-worth."—Bustle, "2015's 25 Best Books, Fiction Edition"

"An incredibly smart novel that will make you think about the society we live in and how desperately we women want to be thinner, to be smaller, to disappear."—PopSugar

"The biggest flaw I see in *Dietland* is that the people who most need to read it never will."—Karen Sandstrom, Cleveland.com

"[*Dietland*'s] message resonates...It's vanishingly rare to see a novel that looks like the much-maligned 'chick lit' – and sometimes reads like it – so gleefully censorious of rape culture... If you've lived in this

culture – if you’ve ever been a young woman who is trying to eat so little or eat so much that she disappears...you may take some cold comfort from *Dietland*, and its opportunities for vicarious revenge.”—*The Guardian*

"In this slyly subversive feminist novel, 300-pound Plum plans to get her stomach stapled until a mysterious group of women convinces her otherwise — just as a militant, anonymous band of vigilantes called “Jennifer” begins wreaking havoc on bad men — dropping rapists from planes, blackmailing CEOs of exploitative newspapers — and inspiring regular ladies to do the same. Word of warning: While you may be inclined to try this at home, it’s probably better left in Walker’s competent hands and on her incendiary pages for now." —*Entertainment Weekly*, "10 Best Books of 2015"

"A tale teeming with both sarcasm and honesty...*Dietland* transports readers to the front lines of the diet wars—a place where body positivity and a gratifying read are guaranteed."—*BUST*

"Read [*Dietland*] not only because it’s smart and timely, but because it’s heartbreaking and tragic and very very comic (as long as you like your laughs dark) and because it will guarantee that you never look at a lipstick or a pair of stilettos or a bathroom scale the same way again. Sarai Walker is some kind of twisted sister. And of course I mean that as the highest possible compliment."—Sara Nelson, Amazon Editors' Top Picks for the Best Books of May

"This funny, painful coming-of-age story follows Plum Kettle, a woman set on changing her appearance and releasing the 'thin' woman that lives inside of her. Through Plum, Walker takes down the diet industry, writes honestly about gender equality, explores society’s obsession with thinness, and stresses the importance of surrounding yourself with a supportive and smart network of women."—*Real Simple*

"Just in time for the season where many feel shamed for their lack of a 'bikini body,' this new release explores a woman’s journey to accept that she’s fat. But it’s not just about feel-good self-love; *Dietland* develops into a full-fledged feminist manifesto."—*New York Daily News*, "10 Books for Your Summer Reading List"

"*Dietland* is a savvy rejig of *Fight Club*...only this time it’s the women who are fighting...We’re as mad as Hell and we’re not going to take it anymore. It could be that *Dietland* is saying that the days of women trying to fit in are over."—LitReactor.com

"Deft, witty...The cover might look like a breezy beach read, but this is anti-chick-lit for smart chicks."—*A.V. Club*

"As a registered dietitian, Aaron Flores had read plenty of self-help books on weight control and dieting. But *Dietland* -- a novel that follows a woman's weight struggles through a feminist lens -- was different. 'I've already been working to change the way both me and my clients see their bodies within this society that emphasizes the "thin ideal,"' says Flores, who lives in West Hills, California, 'but this book has helped me bring more feminist ideas into my work, which I've found resonates deeply with my clients.' He recommends the book to anyone 'who wants to understand why I think we all need to say 'no' to diet culture forever,' he says."—*US News*

"Sarai Walker, author of *Dietland*, is a true disruptor. Her devastatingly funny debut – a brutal, artful satire about feminism, food and ultraviolence – is set to change the way we live, from the moment we wake up in the morning and look in the bathroom mirror."—*The Pool*

“Kick-ass...*Dietland* is a full-on woman power revenge fantasy that will make you think and make you feel better about who you are right now—not two sizes, a new job, or 20 pounds from now...If you’re looking for a summer beach read that’s a wild ride, but also has the potential leave you and the world a little bit better off than you were before you read it.”—The Greatist

"A revenge fantasy about misogyny...*Dietland* forces readers—yes, even 'woke' ones—to confront their internal biases about the female body, and it’s not afraid to be angry about it.”—*Fem Lit Magazine*

"What opens as a beach read evolves into a tart, electrifying revenge tale."—*Mail on Sunday* (UK)

"A smart, sassy and provocative read that I thoroughly enjoyed."—*Woman and Home* (UK)

"A middle finger to the objectification of women...whenever I started to feel too reflective or sad, Walker revealed a plot twist that made me throw my head back and belly laugh, or inhale deeply in shock. Written with self-deprecatory wit that reminded me of Lena Dunham’s style of humour, this modern makeover story is super-smart, forward-thinking and honest. I’m reading it again immediately."—*Essentials* (UK)

"This novel is like a roller coaster. Before you know it, you’re racing through an edgy and exciting mix of mystery, crime, and social critique of gender and beauty standards at breakneck speed. Vivid characters and sometimes surprising acts of violence make the story pop." —*Library Journal*, starred

“Through her protagonist, debut novelist Walker gives a plaintive yet powerful voice to anyone who has struggled with body image, feelings of marginalization, and sexual manipulation. Her robust satire also vibrantly redefines what it means to be a woman in contemporary society.” —*Booklist*

"Hilarious, surreal, and bracingly original, Walker's ambitious debut avoids moralistic traps to achieve something rarer: a genuinely subversive novel that's also serious fun...Part Fight Club, part feminist manifesto, an offbeat and genre-bending novel that aims high—and delivers." —*Kirkus*, starred

"In a confident, daring first novel, Sarai Walker mixes satire and mystery as she holds a magnifying glass over Western culture's objectification of the female gender. The result is combustion of enormously entertaining and thought-provoking proportion...Walker's brazen approach to *Dietland* carries a strength that will ignite readers' passionate responses. The novel is unflinchingly blunt, depicting raw emotion and uncomfortable realities. Walker writes beautifully, with natural dialogue and powerful characters. Her first-rate entrance into fiction is sure to spark the conversation she--and Plum--feel their audience needs to have."—*Shelf Awareness*

"Sarai Walker has written a call to arms. Devious, subversive, delightful, *Dietland* is a SCUM Manifesto set to a pop music beat and Plum Kettle is a feminist hero for the modern age."—Alice Sebold, author of *The Lovely Bones*

"Sarai Walker's groundbreaking new novel, *Dietland*, drew me in immediately. Follow the twists and turns as heroine Plum Kettle confronts the truth about her life and her fantasy of becoming thin. This is the stuff that is transformative for the individual, inspiring self-love and improved self-care. This is also the stuff revolutions are made of."—LINDA BACON, Ph.D., author of *Body Respect* and *Health at Every Size*

"Sarai Walker's audacious, hilarious-yet surprisingly touching-novel begins by spoofing the weightloss industry and moves on to a devastating fantasy in which an avenger known as 'Jennifer' targets men who prey on women. Through it all marches Plum, a fat woman who learns to love herself as she is, and whom I

loved at all stages of her education. Keenly intelligent, daring, and original, *Dietland* has something important to say to us all."—Alice Mattison, author of *When We Argued All Night* and *The Book Borrower*

"The first rule of *Dietland* is you should definitely talk about *Dietland*. And I suspect you'll want to. Gather your book clubs, gather all the Jennifers you know! At first you'll think you're reading a familiar story: a woman who works at a women's magazine tries to lose weight. And then POW! *Dietland* lithely moves in ways and to places you won't expect. Sarai Walker has a wonderfully curious mind, and this is an impressive, ambitious first novel."—Gabrielle Zevin, bestselling author of *The Storied Life of AJ Fikry*

"*Dietland* is a book I have been waiting for someone to write all my life, and it hit me hard right where I live, right where so many of us have wasted too much time living. It's courageous, compassionate, intelligent, pissed off and much more fun than it has any right to be. I can think of twenty people I want to buy it for, without even trying." —Pam Houston, author of *Contents May Have Shifted*

"Sarai Walker is an immensely talented writer and her debut novel, *Dietland*—filled with wit, wisdom and wonder—is a pleasure." —Jill McCorkle, author of *Life After Life*

From the Inside Flap

The diet revolution is here. And it s armed.

Plum Kettle does her best not to be noticed, because when you re fat, to be noticed is to be judged. Or mocked. Or worse. With her job answering fan mail for a popular teen girls magazine, she is biding her time until her weight-loss surgery. Only then can her true life as a thin person finally begin.

But when Plum notices she s being followed by a mysterious woman in colorful tights and combat boots, she finds herself falling down a rabbit hole into the world of Calliope House, a community of women who live life on their own terms. Reluctant but intrigued, Plum agrees to a series of challenges that force her to deal with the real costs of becoming beautiful. At the same time, a dangerous guerrilla group begins to terrorize a world that mistreats women, and as Plum grapples with her personal struggles, she becomes entangled in a sinister plot. The consequences are explosive.

Part coming-of-age story, part revenge fantasy, *Dietland* is a bold, original, and funny debut novel that takes on the beauty industry, gender inequality, and our weight-loss obsession from the inside out and with fists flying.

"

Users Review

From reader reviews:

Patsy Marshall:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the e-book entitled Dietland. Try to stumble through book Dietland as your buddy. It means that it can being your friend when you truly feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated for yourself. The book makes you more confidence because you can know every little thing by the book. So , let me make new experience as well as knowledge with this book.

James Johnson:

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Crystal Lavigne:

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