



# Fat Soul: A Philosophy of S-I-Z-E

*Patricia Adams Farmer*

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Within these pages lies a creative adventure into soul expansion for the sake of beauty, reconciliation, and planetary well-being. Themes of self-compassion, kindness towards those who are different, and gladness of spirit against the growing tide of narrow, rigid, fearful worldviews weave through the text. Written during her five-year sojourn in Ecuador, the author of *Embracing a Beautiful God* develops her playful-yet-serious philosophy of S-I-Z-E in a series of soul-expanding reflections, inspired by the vast beauty and personal challenges of living in the Andean country. The reader is invited to explore with the author the many dimensions of growing the soul through the four major sections of the book: *The Beauty of Inner Immensity*, *Fat Soul Planet*, *Fat Soul Luminaries*, and *The S-I-Z-E of Hope*.

“Fat Soul is the result of an outlandish feast spread by an extravagant Lover who longs for us to awaken to the spaciousness of our own inner universe. It’s so big you almost feel weightless.” —Tim Carson, author of *Six Doors to the Seventh Dimension*.

“In a world constricted into brittle, rigid smallness, Patricia Farmer cracks open our hearts and invites us into a great, big bear hug of soul. *Fat Soul* holds out the possibility of a life lived whole, lived large, lived with love and generosity. This is a book I will read again and again, and you should too!”—Rabbi Bradley Shavit Artson, author of *God of Becoming and Relationship*.

“This is the book you didn’t know you needed to read, and then, when you’ve read it, you wonder, ‘Where has this book been all my life?’ Well, here it is. Chock full of practical life-learned wisdom and intriguing bouquets of fresh imagery, Patricia Farmer’s riffs on enlarging one’s river of life overflow with warmth, vitality, and unforgettable insight. Get ready for an abundant feast!” —David Polk, author of *God of Empowering Love*.

“Patricia Farmer invites us to claim our grandeur, face our darkness, and out of this creative synthesis bring healing to this good earth. This text should be read slowly as you would savor a Godiva chocolate, so that it might flavor your spirit and invite you to taste and see the beauty of life. As you read this text, prepare to be transformed.” —Bruce G. Epperly, author of *Process Theology: A Guide for the Perplexed*

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