



# **XL Love: How the Obesity Crisis is Complicating America's Love Life**

*Sarah Varney*

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**XL Love: How the Obesity Crisis is Complicating America's Love Life** Sarah Varney

**An exploration of an overlooked consequence of the obesity crisis: unsatisfying and dysfunctional love lives**

With 2 out of every 3 Americans overweight or obese, scientists are studying how excess fat changes physical and mental health, demographers are calculating how it's shortening life spans, and economists are debating the impact it has on America's productivity and global competitiveness. But how weight affects intimacy and sexuality is barely discussed.

Yet, it's a question of high importance for the tens of millions of Americans who are overweight or obese and having difficulty sexually and romantically. It is changing and complicating the mating game and married life alike, stunting the ability of young people to find happiness and tipping some heavy, but otherwise happy, couples into divorce. For many, a larger body has meant a more troubled mind: a decline in sexual quality, an increase in self-loathing, and a tendency to let these factors stand in the way of love.

In *XL Love*, Varney travels the country and tells the personal stories of men and women who are experiencing what millions of others feel every day, along with the stories of those who are in the business of helping them: physicians, researchers, scientists, psychologists, sociologists, and more. Analytic and immersive, personal and eye opening, *XL Love* tackles the question: How is sex changing in American as the shape of Americans changes?

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