

Our Favorite Books

- Bacon, Linda and Lucy Aphramor, L. 2014. *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight*. BenBella Books.
- Baker, Jes. 2015. *Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living*. Seal Press.
- Boero, Natalie. 2012. *Killer Fat: Media, Medicine, and Morals in the American "Obesity" Epidemic*. Rutgers University Press.
- Braziel, Jana Evans and Kathleen LeBesco. 2001. *Bodies Out of Bounds: Fatness and Transgression*. University of California Press.
- Brown, Harriet. 2015. *Body of Truth: How Science, History, and Culture Drive Our Obsession With Weight-and What We Can Do About It*. Da Capo Press.
- Cameron, Erin and Constance Russell (eds). 2016. *The Fat Pedagogy Reader: Challenging Weight-Based Oppression Through Critical Education*. Peter Lang.
- Campos, Paul. 2004. *The Obesity Myth: Why America's Obsession with Weight is Hazardous to Your Health*. Gotham Books.
- Cooper, Charlotte. 2016. *Fat Activism: A Radical Social Movement*. HammerOn Press.
- Cottom, Tressie McMillan. 2019. *Thick: And Other Essays*. The New Press.
- Cox, Joy A. 2020. *Fat Girls in Black Bodies: Creating Communities of Our Own*. North Atlantic Books.
- Dooner, Caroline. 2019. *The F*ck It Diet: Eating Should Be Easy*. Harper Wave.
- Farrell, Amy E. 2011. *Fat Shame: Stigma and the Fat Body in American Culture*. New York University Press.
- Guadiani, Jennifer. 2019. *Sick Enough: A Guide to the Medical Complications of Eating Disorders*. Routledge.
- Gay, Roxane. 2017. *Hunger: A Memoir of (My) Body*. HarperCollins.
- Gordon, Aubrey. 2020. *What We Don't Talk About When We Talk About Fat*. Beacon Press.
- Greenhalgh, Susan. 2015. *Fat-talk Nation: The Human Costs of America's War on Fat*. Cornell University Press.

- Hagen, Sophie. 2019. *Happy Fat: Taking Up Space in a World that Wants to Shrink You*. Fourth Estate.
- Harrison, Christy. 2019. *Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Though Intuitive Eating*. Little Brown Spark.
- Herndon, April M. 2014. *Fat Blame: How the War on Obesity Victimized Women and Children*. University Press of Kansas.
- Kinzel, Lesley. 2012. *Two Whole Cakes: How to Stop Dieting and Learn to Love Your Body*. The Feminist Press.
- Kite, Lexie and Lindsay Kite. 2020. *More than a Body: Your Body is an Instrument, Not an Ornament*. Harvest.
- LeBesco, Kathleen. 2004. *Revolting Bodies? The Struggle to Redefine Fat Identity*. University of Massachusetts Press.
- Laymon, Kiese. *Heavy: An American Memoir*. Scribner.
- Miller, Kelsey. 2016. *Big Girl: How I Gave Up Dieting and Got a Life*. Grand Central Publishing.
- Oliver, J. Eric. 2006. *Fat Politics: The Real Story Behind America's Obesity Epidemic*. Oxford University Press.
- Pausé, Cat and Sonya Renee Taylor. 2021. *The Routledge International Handbook of Fat Studies*. Routledge.
- Rothblum, Esther and Sondra Solovay. 2009. *The Fat Studies Reader*. New York University Press.
- Saguy, Abigail C. 2013. *What's Wrong with Fat?* Oxford University Press.
- Strings, Sabrina. 2019. *Fearing the Black Body: The Racial Origins of Fatphobia*. NYU Press.
- Taylor, Nicole. 2016. *Schooled on Fat: What Teens Tell Us About Gender, Body Image, and Obesity*. Routledge.
- Taylor, Sonya Renee. 2018. *The Body is Not an Apology: The Power of Radical Self-Love*. Berrett-Koehler Publishers, Inc.
- Thomas, Laura. 2019. *Just Eat It: How Intuitive Eating Can Help You Get Your Shit Together Around Food*. Bluebird.

Tovar, Virgie. 2018. *You Have the Right to Remain Fat*. Feminist Press.

Wann, Marilyn. 1998. *Fat!So? Because You Don't Have to Apologize for Your Size*. Ten Speed Press.

West, Lindy. 2016. *Shrill*. Hachette.