

# Fat Is A Feminist Issue

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*Fat is a feminist issue ...* - Susie Orbach 1986

*Fit at Mid-Life* - Samantha Brennan 2018-04-14

A uniquely feminist approach to how women can break free from what society thinks and get active in their forties, fifties, and beyond. What if you could be fitter now than you were in your twenties? And what if you could achieve it while feeling more comfortable and confident in your body than ever before? In this empowering, accessible book, bloggers and professors Samantha Brennan and Tracy Isaacs offer a new approach to fitness—one that champions strength, health, and personal accomplishment over weight loss and aesthetics. They share their own experiences of getting active later in life and explore the many challenges, questions, and issues women face when seeking fitness in their forties, fifties, and beyond. Drawing from the latest research and their popular blog *Fit Is a Feminist Issue*, they deliver a wealth of concrete advice on everything from how to keep bones strong to what types of fitness activities give the biggest returns. Taking a feminist perspective, the authors also challenge society's default whats, whys, and hows of every aspect of getting fit to show how women can best take charge of their health—no matter what their shape, size, age, or ability.

**The Body** - Mariam Fraser 2020-07-24

The body has become an increasingly significant concept in recent years and this Reader offers a stimulating overview of the main topics, perspectives and theories surrounding the issue. This broad consideration of the body presents an engagement with a range of social concerns, from the processes of racialization to the vagaries of fashion and performance art, enacted as surgery on the body. Individual sections cover issues such as: the body and social (dis)order bodies and identities bodily norms bodies in health and dis-ease bodies and technologies. Containing an extensive critical introduction, contributions from key figures such as Butler, Sedgwick, Martin Scheper-Huges, Haraway and Gilroy, and a series of introductions summarizing each section, this Reader offers students a valuable practical guide and a thorough grounding in the fascinating topic of the body.

**What Fresh Hell Is This?** - Heather Corinna 2021-06-01

'This book feels like your best friend talking to you over drinks - if your best friend is a shit-talking, patriarchy-smashing, intersectionally feminist professor of the history of reproductive medicine and also an endocrinologist with a side hustle as a comedian.' - Dr Emily Nagoski, NYT bestselling author of *Come As You Are* What to Expect When You're Not Expected to Expect Anything Anymore Perimenopause and menopause experiences are as unique as all of us who move through them. While there's no one-size-fits-all, Heather Corinna tells you what can happen and what you can do to take care of yourself, all the while busting pernicious myths, offering real self-care tips - the kind that won't break the bank or your soul - and running the gamut from hot flashes to hormone therapy. With practical, clear information and support, inclusive of those with disabilities, queer, transgender, nonbinary and other gender-diverse people, people of colour, working class and others who have long been left out of the discussion, *What Fresh Hell Is This?* is the cooling pillow and empathetic best friend to help you through the fire.

**Fat is a Feminist Issue ...** - Susie Orbach 1988

**Fat is a Feminist Issue** - Susie Orbach 2006

THE ORIGINAL ANTI-DIET BOOK IS BACK - in one volume together with its bestselling sequel. When it was

first published, *Fat is a Feminist Issue* became an instant classic and it is as relevant today as it was then. Reflecting on our increasingly diet and body-obsessed society, Susie Orbach's new introduction explains how generations of women and girls are growing up absorbing the eating anxieties around them. In an age where women want to be sexy, nurturing, domestic goddesses, confident at work - an equal to their male counterparts, and feminine too, the twenty-first-century woman is poorly armed for survival. Never before has the *Fat is a Feminist Issue* revolution been more in need of revival. Exploring our love/hate relationship with food, Susie Orbach describes how fat is about so much more than food. It is a response to our social situation; the way we are seen by others and ourselves. Too often food is a source of anguish, as are our bodies. But *Fat is a Feminist Issue* discusses how we can turn food into a friend and find ways to accept ourselves for who and how we are. Following the step-by-step guide, and you too can put an end to food anxieties and dieting.

**The Seed** - Alexandra Kimball 2019-04-10

Notes on desire, reproduction, and grief, and how feminism doesn't support women struggling to have children In pop culture as much as in policy advocacy, the feminist movement has historically left infertile women out in the cold. This book traverses the chilly landscape of miscarriage, and the particular grief that accompanies the longing to make a family. Framed by her own desire for a child, journalist Alexandra Kimball brilliantly reveals the pain and loneliness of infertility, especially as a lifelong feminist. Her experience of online infertility support groups -- where women gather in forums to discuss IVF, surrogacy, and isolation -- leaves her longing for a real life community of women working to break down the stigma of infertility. In the tradition of Eula Biss's *On Immunity* and Barbara Ehrenreich's *Bright-sided*, Kimball marries perceptive analysis with deep reportage -- her findings show the lie behind the prevailing, and at times paradoxical, cultural attitudes regarding women's right to actively choose to have children. Braiding together feminist history, memoir, and reporting from the front lines of the battle for reproductive rights and technology, *The Seed* plants in readers the desire for a world where no woman is made to feel that her biology is her destiny.

**Fat is a Feminist Issue** - Susie Orbach 1994

Describes obesity in females as a response to the inequality of the sexes and offers women guidance in overcoming weight problems through a total reorientation to their bodies and their self-images

*What's Wrong with Fat?* - Abigail Saguy 2013-01-31

*What's Wrong with Fat?* examines the social implications of understanding fatness as a medical health risk, disease, and epidemic. Examining the ways in which debates over fatness have developed, Abigail Saguy argues that the obesity crisis literally makes us fat, intensifies negative body image, and justifies weight-based discrimination.

*What We Don't Talk About When We Talk About Fat* - Aubrey Gordon 2020-11-17

From the creator of *Your Fat Friend* and co-host of the *Maintenance Phase* podcast, an explosive indictment of the systemic and cultural bias facing plus-size people. Anti-fatness is everywhere. In *What We Don't Talk About When We Talk About Fat*, Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus-sized people's experiences. Unlike the recent wave of memoirs and quasi self-help books that encourage readers to love and accept themselves, Gordon pushes the discussion further towards authentic fat activism, which includes ending legal weight discrimination, giving equal access to health care

for large people, increased access to public spaces, and ending anti-fat violence. As she argues, “I did not come to body positivity for self-esteem. I came to it for social justice.” By sharing her experiences as well as those of others—from smaller fat to very fat people—she concludes that to be fat in our society is to be seen as an undeniable failure, unlovable, unforgivable, and morally condemnable. Fatness is an open invitation for others to express disgust, fear, and insidious concern. To be fat is to be denied humanity and empathy. Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes; 27% of very fat women and 13% of very fat men attempt suicide; over 50% of doctors describe their fat patients as “awkward, unattractive, ugly and noncompliant”; and in 48 states, it’s legal—even routine—to deny employment because of an applicant’s size. Advancing fat justice and changing prejudicial structures and attitudes will require work from all people. What We Don’t Talk About When We Talk About Fat is a crucial tool to create a tectonic shift in the way we see, talk about, and treat our bodies, fat and thin alike.

**Sick Enough** - Jennifer L. Gaudiani 2018-09-14

Patients with eating disorders frequently feel that they aren’t “sick enough” to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

**The Politics of Weight** - Amelia Morris 2019-05-23

This book speaks to the politics of weight through an interrogation of dieting, power and the body. In feminist theory, there is no greater site of contestation than that of the body, and Morris explores how these debates often become centred upon a dichotomy between oppression and liberation. Whilst there is a vast diversity of scholarship that challenges this binary including post-colonial, post-structuralist and Marxist feminist work, the dichotomy nevertheless endures. The Politics of Weight argues that the ‘feminine’ body is not simply a site of oppression or liberation by drawing upon the intersections that exist between Foucault’s Discipline and Punish and post-structuralist feminist work on the body. This provides a unique lens for exploring weight. Through in-depth analysis of interviews with women who seemingly sit on either side of the ‘oppression’ and ‘liberation’ debate, members of dieting clubs and fat activists, the book highlights the complexities that surround women’s relationship to weight and the body. Likewise it draws upon the wealth of black feminist scholarship to explore the discourses surrounding Oprah Winfrey’s dieting ‘journey,’ seeking to demonstrate how discipline and race interact and how this plays out in dieting and weight. The Politics of Weight will be of interest to students and scholars across a range of disciplines, including gender studies, sociology, geography and political science.

*The Impossibility of Sex* - Susie Orbach 2018-04-24

In this book I have struggled with certain words without a satisfactory conclusion. I am unhappy about all the words used to describe the person who visits the therapist's consulting room. Is she or he a patient? Well, sometimes yes. Certain individuals like that word because it captures for them the sense that there is something wrong, an emotional illness. Is she or he a client? Again, sometimes yes. Certain individuals like that word because it connotes a kind of consultative process. Is she or he an analysand? Certain individuals like this word because it conveys something about the process of a therapy and it has a symmetry: analyst-analysand. I myself find that all these words capture something about the therapy and the therapy process but are considerably less than perfect. In what follows I have chosen to use the words interchangeably, as well as the words psychotherapist, therapist and analyst. In the text, in the musings in italics, I have usually referred to the primary carer in the person's early life as mother. I realize that this is not always the case. There are fathers who have primary responsibility for their children from birth and there are relatives and nannies who fulfil this role. Rarely in my clinical experience of seeing adults has this role been an enterprise between two people in the way that it is becoming for some couples with children today. We have yet to see the effects of joint child-rearing on adult psychologies so I have retained the

notion of the mother or mother substitute, a notion which will have to be expanded as the generations now raising children make new arrangements between them. I have also chosen for simplicity's sake to use the word 'she' throughout for the personal pronoun rather than 'she or he'.

**Fat is a Feminist Issue** - Susie Orbach 1990

Describes obesity in females as a response to the inequality of the sexes and offers women guidance in overcoming weight problems through a total reorientation to their bodies and their self-images

*Susie Orbach on Eating* - Susie Orbach 2002-01-03

'Eating is pleasurable, eating is delicious, eating is sensual' says Susie. But for so many of us eating is associated with anguish and abstinence. From the first page this little book shows us how to think and feel differently about what we eat. So that we eat when we are hungry, eat what we want to eat to satisfy us and stop when we are full. Each page contains an easily absorbed bite-sized statement to transform eating that hurts into eating that nourishes and calms. This book isn't magic but it feels as if it is.

**Bodies** - Susie Orbach 2009-03-03

Esteemed Psychotherapist and writer Susie Orbach diagnoses the crisis in our relationship to our bodies and points the way toward a process of healing. Throughout the Western world, people have come to believe that general dissatisfaction can be relieved by some change in their bodies. Here Susie Orbach explains the origins of this condition, and examines its implications for all of us. Challenging the Freudian view that bodily disorders originate and progress in the mind, Orbach argues that we should look at self-mutilation, obesity, anorexia, and plastic surgery on their own terms, through a reading of the body itself. Incorporating the latest research from neuropsychology, as well as case studies from her own practice, she traces many of these fixations back to the relationship between mothers and babies, to anxieties that are transferred unconsciously, at a very deep level, between the two. Orbach reveals how vulnerable our bodies are, how susceptible to every kind of negative stimulus—from a nursing infant sensing a mother's discomfort to a grown man or woman feeling inadequate because of a model on a billboard. That vulnerability makes the stakes right now tremendously high. In the past several decades, a globalized media has overwhelmed us with images of an idealized, westernized body, and conditioned us to see any exception to that ideal as a problem. The body has become an object, a site of production and commerce in and of itself. Instead of our bodies making things, we now make our bodies. Susie Orbach reveals the true dimensions of the crisis, and points the way toward healing and acceptance.

**In Therapy** - Susie Orbach 2017-12-28

Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, The New York Times called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized case studies. Insightful and honest about a process often necessarily shrouded in secrecy, In Therapy: The Unfolding Story is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.

**Hunger** - Roxane Gay 2017-06-13

From the New York Times bestselling author of Bad Feminist: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. “I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe.” In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as “wildly undisciplined,” Roxane understands the tension between desire and denial, between self-comfort and self-care. In Hunger, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself.

With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

*Fearing the Black Body* - Sabrina Strings 2019-05-07

Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association How the female body has been racialized for over two hundred years There is an obesity epidemic in this country and poor black women are particularly stigmatized as “diseased” and a burden on the public health care system. This is only the most recent incarnation of the fear of fat black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of “savagery” and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn’t about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

*Delicacy* - Katy Wix 2022-01-27

*Fat is a Feminist Issue* - Susie Orbach 1998

*Fat is a Feminist Issue*, first published 20 years ago, shows how fat is not about food but rather about protection, sex, mothering, strength, assertion, anger, love. By understanding your investment in being fat, you can turn food into a friend.

**The Beauty Myth** - Naomi Wolf 2009-03-17

The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

*Fat is a Feminist* - Susie Orbach 1984-01

**Fat Boys** - Sander L. Gilman 2004-01-01

He is the epitome of health?or a walking time bomb. He is oversexed?or sexless. He is jolly?or hiding the tears of a clown. He is the picture of wealth and plenty?or the bloated, malnourished emblem of poverty. He is the fat man?a cultural icon, a social enigma, a pressing medical issue?and he is the subject of this remarkably rich book. The figures that Sander L. Gilman considers, from the ugly fat man with the beautiful sylph trapped inside to the smart fat boy to the aging body desirous of rejuvenation, appear and reappear in different guises throughout Western culture. And as is often true of marginal cases, they serve to define the shifting center of our dreams and beliefs. A tentative exploration in the world of male body fantasies, Gilman's book asks how the representation of the fat man alters with time and alters how men relate to their own bodies and the bodies of others, both men and women. His examples?ranging from Santa Claus to Sancho Panza, from Falstaff to Babe Ruth, from Nero Wolfe to Al Roker?illustrate the complexity perennially associated with fat men. From discourses about normality to the playing fields of baseball, from Greek male beauty to the fat detective, Gilman's book examines and illuminates how cultures have imagined and portrayed the fat boy.

*Body Aesthetics* - Sherri Irvin 2016-09-06

The body is a rich object for aesthetic inquiry. We aesthetically assess both our own bodies and those of others, and our felt bodily experiences—as we eat, have sex, and engage in other everyday activities—have aesthetic qualities. The body, whether depicted or actively performing, features centrally in aesthetic experiences of visual art, theatre, dance and sports. Body aesthetics can be a source of delight for both the subject and the object of the gaze. But aesthetic consideration of bodies also raises acute ethical questions: the body is deeply intertwined with one's identity and sense of self, and aesthetic assessment of bodies can perpetuate oppression based on race, gender identity, sexual orientation, age, size, and disability. Artistic and media representations shape how we see and engage with bodies, with consequences both personal and political. This volume contains sixteen original essays by contributors in philosophy, sociology, dance, disability theory, critical race studies, feminist theory, medicine, and law. Contributors take on bodily beauty, sexual attractiveness, the role of images in power relations, the distinct aesthetics of disabled bodies, the construction of national identity, the creation of compassion through bodily presence, the role of bodily style in moral comportment, and the somatic aesthetics of racialized police violence.

*Dietland* - Sarai Walker 2015

A fresh and provocative debut novel about a reclusive young woman saving up for weight loss surgery when she gets drawn into a shadowy feminist guerilla group called "Jennifer"--equal parts Bridget Jones's Diary and Fight Club

*Fifty Shades of Feminism* - Lisa Appignanesi 2013-03-28

Half a century after the publication of *The Feminine Mystique*, have women really exchanged purity and maternity to become desiring machines inspired only by variations of sex, shopping and masochism - all coloured a brilliant neuro-pink? In this volume, fifty women young and old - writers, politicians, actors, scientists, mothers - reflect on the shades that inspired them and what being woman means to them today. Contributors include: Margaret Atwood, Joan Bakewell, Bidisha, Lydia Cacho, Shami Chakrabarti, Lennie Goodings, Linda Grant, Natalie Haynes, Siri Hustvedt, Kathy Lette, Kate Mosse, Pussy Riot, Bee Rowlatt, Elif Shafak, Ahdaf Soueif, Sandi Toksvig, Natasha Walter, Timberlake Wertenbaker Jeanette Winterson - alongside the three editors.

**Young Gifted and Fat** - Sharrell D. Lockett 2017-11-15

*Young Gifted and Fat* is a critical autoethnography of "performing thin"- on the stage and in life. Sharrell D. Lockett's story of weight loss and gain and playing the (beautiful, desirable, thin) leading lady showcases an innovative and interdisciplinary approach to issues of weight and self-esteem, performance, race, and gender. Sharrell structures her project with creative text, interviews, testimony, journal entries, dialogues, monologues, and deep theorizing through and about the abundance of flesh. She explores the politics of Black culture, and particularly the intersections of her lived and embodied experiences. Her body and body transformation becomes a critical praxis to evidence fat as a feminist issue, fat as a Black-girl-woman issue, and fat as an ideological construct that is as much on the brain as it is on the body. *Young Gifted and Fat* is useful to any area of research or course offering taking up questions of size politics at the intersections of race and sexuality.

**Cultures of the Abdomen** - C. Forth 2005-01-14

We live in a world obsessed with abdomens. Whether we call it the belly, tummy, or stomach, we take this area of the body for granted as an object of our gaze, the subject of our obsessions, and the location of deeply felt desires. Diet, nutrition, and exercise all play critical roles in the development of our body images and thus our sense of self, not least because how we are made to feel about bodies (both our own and those of others) is often grounded in dietary and lifestyle choices. *Cultures of the Abdomen* traces the history of social, cultural, and medical ideas about the stomach and related organs since the seventeenth century, and demonstrates that a focused study of the abdomen is necessary for understanding the deep historical meanings that underscore our contemporary obsessions with hunger, diet, fat, indigestion, and excretion. It locates that history from dietary ideals in early modern Europe to the vexing issue of American fat in the twenty-first century, surveying along the way developments in Britain, France, Germany, Italy, and Russia.

**Whores and Other Feminists** - Jill Nagle 2013-09-13

*Whores and Other Feminists* fleshes out feminist politics from the perspective of sex workers--strippers,

prostitutes, porn writers, producers and performers, dominatrices--and their allies. Comprising a range of voices from both within and outside the academy, this collection draws from traditional feminisms, postmodern feminism, queer theory, and sex radicalism. It stretches the boundaries of contemporary feminism, holding accountable both traditional feminism for stigmatizing sex workers, and also the sex industry for its sexist practices.

[Fat Is a Feminist Issue](#) - Susie Orbach 2016-02-25

THE ORIGINAL ANTI-DIET BOOK IS BACK - in one volume together with its best-selling sequel. When it was first published, *Fat Is A Feminist Issue* became an instant classic and it is as relevant today as it was then. Updated throughout, it includes a frank new introduction by Susie Orbach that brings this book to a new generation of readers whilst offering a current perspective for its original fans. With an increasingly dominant diet industry, costing the consumer millions of pounds each year, Susie Orbach's best-selling classic is as important as ever in helping women to love their own body and face the demands of 21st-century living with confidence.

[Feminist Theology and Contemporary Dieting Culture](#) - Hannah Bacon 2019-08-08

Hannah Bacon draws on qualitative research conducted inside one UK secular commercial weight loss group to show how Christian religious forms and theological discourses inform contemporary weight-loss narratives. Bacon argues that notions of sin and salvation resurface in secular guise in ways that repeat well-established theological meanings. The slimming organization recycles the Christian terminology of sin - spelt 'Syn' - and encourages members to frame weight loss in salvific terms. These theological tropes lurk in the background helping to align food once more with guilt and moral weakness, but they also mirror to an extent the way body policing techniques in Christianity have historically helped to cultivate self-care. The self-breaking and self-making aspects of women's Syn-watching practices in the group continue certain features of historical Christianity, serving in similar ways to conform women's bodies to patriarchal norms while providing opportunities for women's self-development. Taking into account these tensions, Bacon asks what a specifically feminist theological response to weight loss might look like. If ideas about sin and salvation service hegemonic discourses about fat while also empowering women to shape their own lives, how might they be rethought to challenge fat phobia and the frenetic pursuit of thinness? As well as naming as 'sin' principles and practices which diminish women's appetites and bodies, this book forwards a number of proposals about how salvation might be performed in our everyday eating habits and through the cultivation of fat pride. It takes seriously the conviction of many women in the group that food and the body can be important sites of power, wisdom and transformation, but channels this insight into the construction of theologies that resist rather than reproduce thin privilege and size-ist norms.

[Being Fat](#) - Jenny Ellison 2020-03-26

It is okay to be fat. This is the basic premise of fat activism, a social movement that has existed in Canada since the early 1970s. This book focuses on the earliest strands of the Canadian movement, which emerged around 1977 and ended around 1997 with the emergence of defiant performance artists Pretty, Porky, and Pissed Off. This twenty-year window loosely correlates with the rise of "second-wave" feminist organizing and thinking in the country. Fat activists were wrestling with issues other feminists of the era were debating: femininity, sexuality, and health. While united by the idea that it is okay to be fat, the movement has taken many different forms. Fat "activism" and the "movement" encompassed a variety of activities. It included groups that held regular meetings and published newsletters, organized events, and elected an executive. *Being Fat* explores activities like fashion design, self-help groups, plus-size modelling, and dance under the umbrella of fat activism, undertaken in the name of empowering fat women. Together, these activities show that self-identified fat women took up feminist ideas of liberation and applied them to their lives. Their personal experiences became the basis of a powerful movement to challenge beauty and bodily norms.

[You Have the Right to Remain Fat](#) - Virgie Tovar 2018-08-14

"In this bold new book, Tovar eviscerates diet culture, proclaims the joyous possibilities of fatness, and shows us that liberation is possible." —Sarai Walker, author of *Dietland* Growing up as a fat girl, Virgie Tovar believed that her body was something to be fixed. But after two decades of dieting and constant guilt, she was over it—and gave herself the freedom to trust her own body again. Ever since, she's been helping

others to do the same. Tovar is hungry for a world where bodies are valued equally, food is free from moral judgment, and you can jiggle through life with respect. In concise and candid language, she delves into unlearning fatphobia, dismantling sexist notions of fashion, and how to reject diet culture's greatest lie: that fat people need to wait before beginning their best lives. "This book feels like spending a margarita-soaked day at the beach with your smartest friend. Virgie Tovar shares juicy secrets and makes revolutionary ideas viscerally accessible. You'll be left enlightened, inspired, happier, and possibly angrier than when you started." —Joy Nash, actress "Tovar is a vital voice in contemporary activism, media, and feminism. The joy she takes in her own body and life, combined with the righteous anger she expresses at an oppressive world is a truly radical act. She is deeply thoughtful, but does not equivocate. She confronts bigotry, but does not engage with bullshit." —Kelsey Miller, author of *Big Girl* "Long-time body positive writer, speaker and activist Virgie Tovar is gifting brown round girls the book we've been hungry for." —Mitú

[Queering Fat Embodiment](#) - Cat Pausé 2016-05-23

Cultural anxieties about fatness and the attendant stigmatisation of fat bodies, have lent a medical authority and cultural legitimacy to what can be described as 'fat-phobia'. Against the backdrop of the ever-growing medicalisation, pathologisation, and commodification of fatness, coupled with the moral panic over an alleged 'obesity epidemic', this volume brings together the latest scholarship from various critical disciplines to challenge existing ideas of fat and fat embodiment. Shedding light on the ways in which fat embodiment is lived, experienced, regulated and (re)produced across a range of cultural sites and contexts, *Queering Fat Embodiment* destabilises established ideas about fat bodies, making explicit the intersectionality of fat identities and thereby countering the assertion that fat studies has in recent years reproduced a white, ableist, heteronormative subjectivity in its analyses. A critical queer examination on fatness, *Queering Fat Embodiment* will be of interest to scholars of cultural and queer theory, sociology and media studies, working on questions of embodiment, stigmatisation and gender and sexuality.

[Hunger Strike](#) - Susie Orbach 2018-04-24

Susie Orbach is a psychotherapist and writer. With Luise Eichenbaum she co-founded The Women's Therapy Centre in London in 1976 and in 1981 The Women's Therapy Centre Institute in New York. She lectures extensively in Europe and North America, is a visiting Professor at the London School of Economics, and has a practice seeing individuals and couples and consulting to organizations. She is a frequent contributor to newspapers and magazines, as well as to radio and television programmes. Her other books on eating problems are *Fat is a Feminist Issue* (1978), *Fat is a Feminist Issue II* (1982) and *On Eating* (2002). With Luise Eichenbaum she has written *Understanding Women: A Feminist Psychoanalytic Account* (1982), *What do Women Want* (1983) and *Between Women* (1988). She is also the author of *What's Really Going on Here* (1993), *Towards Emotional Literacy* (1999) and *The Impossibility of Sex* (1999).

[Two Whole Cakes](#) - Lesley Kinzel 2012-04-10

Powerful polemic, encouraging women to ditch their self-loathing calorie counting and embrace the fashionable fat woman within. Readers will devour Kinzel's refreshing approach to body image. Focusing on issues of size acceptance, feminism, gender studies and body images, Kinzel offers a range of alternatives to shame based views on fat and obesity. Actual statistics and facts about prescription diet remedies and weight loss programs are revealed. Kinzel challenges stereotypes and insists on issues of size and consumption being a personal choice.

[Fat is a Feminist Issue II](#) - Susie Orbach 1987

Identifies the causes of compulsive eating and offers step-by-step advice on how to change one's attitudes toward food

[Feminist Perspectives on Eating Disorders](#) - Patricia Fallon 1996-10-01

Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and therapy is reevaluated based on an understanding of the needs of women patients and the potentially

differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.

**The Fat Jesus** - Lisa Isherwood 2008

We are living in a food and body image obsessed culture. We are encouraged to over-consume by the marketing and media that surround us and then berated by those same forces for doing so. At the same time, we are bombarded with images of unnaturally thin celebrities who go to enormous lengths to retain an unrealistic body image, either by extremes of dieting or through plastic surgery or both. The spiritual

realm is not immune from these pressures, as can be seen in the flourishing of biblically and faith based weight loss programs that encourage women to lose weight physically and gain spiritually. Isherwood examines this environment in light of Christian tradition, which has often had a difficult relationship with sexuality and embodiment and which has promoted ideals of restraint and asceticism. She argues that part of the reason for our current obsession and bizarre treatment of issues around weight, size and looks is that secular society has unknowingly absorbed many of its negative attitudes towards the body from its Christian heritage. Isherwood argues powerfully that there are resources within Christianity that can free us from this thinking, and lead us towards a more holistic, incarnational view of what it is to be human. The Fat Jesus provides a fascinating study of the complex ways that food, women and religion interconnect, and proposes a theology of embrace and expansion emphasizing the fullness of our incarnation.