

## **Moving Towards Fat Liberation: A Reading and Listening List to help understand why Fatphobia is Real**

Created by Angelina M

This list is always growing and flowing.

If you have information to add, please let me know through my DM+s on Instagram.

This is a resource list for...

- For Folks who don't believe fatphobia is real.
- For folks who need help understanding why using the word "obese" is demoralizing and pathologizing.
- For folks who need help understanding their own fat body and their own internalized fatphobia.
- For folks who care about others.

For the emotional and mental labor of creating this:

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### Books

1. The Body is Not an Apology by Sonya Renee Taylor  
<https://thebodyisnotanapology.com/shop/e-books/the-body-is-not-an-apology-the-power-of-radical-self-love/>
2. Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings  
<https://nyupress.org/9781479886753/fearing-the-black-body/>
3. You Have the Right to Remain Fat by Virgie Tovar  
<https://www.feministpress.org/books-n-z/you-have-the-right-to-remain-fat>
4. Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison  
<https://christyharrison.com/book-anti-diet-intuitive-eating-christy-harrison>
5. The Fat Studies Reader edited by Esther Rothblum and Sondra Solovay  
<https://muse.jhu.edu/book/10929> - reading the Foreword by Marilyn Wann is necessary

6. Bodies Out of Bounds: Fatness and Transgression by Jana Evans Braziel and Kathleen LeBesco  
<https://www.ucpress.edu/book/9780520225855/bodies-out-of-bounds>
7. Lessons from the Fat-o-sphere: Quit Dieting and Declare a Truce with Your Body by Kate Harding and Marianne Kirby  
<https://www.penguinrandomhouse.com/books/304224/lessons-from-the-fat-o-sphere-by-kate-harding/>
8. Fat Activism: A Radical Social Movement by Charlotte Cooper  
<https://bookshop.org/books/fat-activism-a-radical-social-movement/9781910849002>
9. Hunger: a memoir of (my) body by Roxane Gay  
[http://pac.mlc.lib.mo.us/polaris/search/searchresults.aspx?ctx=7.1033.0.0.1&type=Keyword&term=%209780062362599&by=ISBN&sort=MP&limit=TOM=\\*&qquery=&page=0&searchid=1](http://pac.mlc.lib.mo.us/polaris/search/searchresults.aspx?ctx=7.1033.0.0.1&type=Keyword&term=%209780062362599&by=ISBN&sort=MP&limit=TOM=*&qquery=&page=0&searchid=1)
10. Embody by Connie Sobczak  
[https://www.thriftbooks.com/w/embody-learning-to-love-your-unique-body-and-quiet-that-critical-voice\\_connie-sobczak/9656946/item/10996654/?mkwid=%7cdc&pcrid=395931773744&pkw=&pmt=&slid=&plc=&pgrid=80257881302&ptaid=pla-838159019236&gclid=CjoKCQjw6ar4BRDnARIsAITGzLA-ij8mvhILuHqaC\\_UcJafsvjOKuqo2S2M8zETJEnxAqujIrggcngaAj3rEALw\\_wcB#isbn=0936077808&idq=10996654](https://www.thriftbooks.com/w/embody-learning-to-love-your-unique-body-and-quiet-that-critical-voice_connie-sobczak/9656946/item/10996654/?mkwid=%7cdc&pcrid=395931773744&pkw=&pmt=&slid=&plc=&pgrid=80257881302&ptaid=pla-838159019236&gclid=CjoKCQjw6ar4BRDnARIsAITGzLA-ij8mvhILuHqaC_UcJafsvjOKuqo2S2M8zETJEnxAqujIrggcngaAj3rEALw_wcB#isbn=0936077808&idq=10996654)
11. Fat Shame by Amy Erdman Farrell  
<https://bookshop.org/books/fat-shame-stigma-and-the-fat-body-in-american-culture/9780814727690>
12. Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness by Da'Shaun L. Harrison  
<https://bookshop.org/p/books/belly-of-the-beast-the-politics-of-anti-fatness-as-anti-blackness-da-shaun-l-harrison/15663994>
13. Fat Girls in Black Bodies: Creating Communities of Our Own by Joy Arlene Renee Cox
  - <https://bookshop.org/p/books/fat-girls-in-black-bodies-creating-communities-of-our-own-joy-arlene-renee-cox/13949487?ean=9781623174996>

14. Heavy: An American Memoir by Kiese Laymon
  - <https://bookshop.org/p/books/heavy-an-american-memoir-kiese-laymon/6682101?aid=5273&ean=9781501125669&listref=start-here-59b90d6a-ecob-469c-bfb7-e999a016a695>
15. Thick: And Other Essays by Tressie McMillan Cottom
  - <https://bookshop.org/p/books/thick-and-other-essays-tressie-mcmillan-cottom/12898635?aid=5273&ean=9781620975879&listref=start-here-59b90d6a-ecob-469c-bfb7-e999a016a695>
16. Bad Fat Black Girl: Notes from a Trap Feminist by Sesali Bowen
  - <https://bookshop.org/p/books/bad-fat-black-girl-notes-from-a-trap-feminist-sesali-bowen/15995241?ean=9780063028708>
17. Unashamed: Musings of a Fat, Black Muslim by Leah Vernon
  - <https://bookshop.org/p/books/unashamed-musings-of-a-fat-black-muslim-leah-vernon/8996286?ean=9780807012628>
18. The Embodiment of Disobedience: Fat Black Women's Unruly Political Bodies by Andrea Elizabeth Shaw
  - <https://bookshop.org/p/books/the-embodiment-of-disobedience-fat-black-women-s-unruly-political-bodies-andrea-elizabeth-shaw/8946853?ean=9780739114872>

## Websites

1. <https://thebodyisnotanapology.com/>
2. <https://naafa.org/>
3. <https://thefuckitdiet.com/>
4. <https://www.virgietovar.com/blog> - Virgie Tovar's blog that answers big questions in simplistic ways
5. <http://charlottecooper.net/fat/fat-activism/>
6. <https://www.yourfatfriend.com/>
7. <https://sacredspaceforfatbodies.org/>
8. <https://bio.site/marquisele>
9. <https://asdah.org/>

## Podcasts

1. Food Psych by Christy Harrison (you can listen on Overcast, iTunes, Spotify, and other podcast mediums) <https://christyharrison.com/foodpsych>

2. The Fuck-It Diet (<https://thefuckitdiet.com/pod/>)
3. Woman of Size - (<https://www.womanofsize.com/>)
4. It's Just a Cookie: Ep. 4 "Crash Course in Fat Studies with Angelina Moles" - <https://cookierevolution.org/04-crash-course-in-fat-studies-with-angelina-moles/>
5. Unsolicited: Fatties Talk Back (with @fatmarquisele, @dashaunlh, @dr\_chairbreaker, @blackqueeriroh, and @jordallenhall). <https://linktr.ee/unsolicitedftb>

## Articles

1. Owens, Lesleigh J. "Monstrous Freedom: Charting Fat Ambivalence." *Fat Studies Journal*, vol. 4, no. 1, 2015, pp. 1-13.
2. Levan, Lori D. "Fat Bodies in Space: Controlling Fatness Through Anthropometric Measurement, Corporeal Conformity, and Visual Representation". *Fat Studies*, vol. 3, no. 2, 2014, pp. 119-129.
3. Levy-Navarro, Elena. "Fattening Queer History: Where Does Fat History Go from Here?" *The Fat Studies Reader*, edited by Sondra Solovay & Esther Rothblum, NYU Press, 2009, pp. 15-22.
4. Fraser, L. (2009). "The inner corset: A brief history of Fat in the United States." In *The Fat Studies Reader*, edited by Esther Rothblum and Sondra Solovay, NYU Press, 2009, pp. 11-22.
5. How Health Care Bias Harms Fat Patients: Beyond the "obesity epidemic," fat patients face another public health crisis—bias, disinterest, and misdiagnoses <https://medium.com/s/story/the-bias-epidemic-8f27e79bd21c>
6. Fat Woman gets Misdiagnosed because the doctor is fatphobic <https://www.revelist.com/wellness/woman-fat-cancer-diagnosis/12455>
10. <https://inews.co.uk/opinion/sofie-hagen-negative-side-body-positive-284937>

11. Holding Lindo Bacon Accountable for Repeated Harm in the Fat Liberation & HAES® Communities

- <https://asdah.org/lindo-accountability/>

12. Big Back Panic: Fatphobia's Rebrand:

<https://inthesetimes.com/article/fatphobia-fashion-celebrities-antifatness-exclusion-oz-empic-plus-size>

Instagram

- ★ @dr\_chairbreaker - [https://www.instagram.com/dr\\_chairbreaker/](https://www.instagram.com/dr_chairbreaker/)
- ★ @saucye\_ - [https://www.instagram.com/saucye\\_/](https://www.instagram.com/saucye_/)
- ★ @thefatsextherapist - <https://www.instagram.com/thefatsextherapist/?hl=en>
- ★ @sonyareneetaylor - <https://www.instagram.com/sonyareneetaylor/?hl=en>
- ★ @yrfatfriend - <https://www.instagram.com/yrfatfriend/?hl=en>
- ★ @thebodyisnotanapology - <https://www.instagram.com/thebodyisnotanapology/?hl=en>
- ★ @fiercefatfemme (selfish plug) - <https://www.instagram.com/fiercefatfemme/?hl=en>
- ★ @fatlibink - <https://www.instagram.com/fatlibink/?hl=en>
- ★ @fatpositivetherapy - (Link broken/no account with this name. Did you mean <https://www.instagram.com/fatpositivetherapist/?hl=en> ?)
- ★ @fierce.fatty - <https://www.instagram.com/fierce.fatty/?hl=en>
- ★ @fatlippodcast - (ended in 2020; IG no longer active, but old episodes can still be accessed on Spotify)
- ★ @vast.press <https://www.instagram.com/vast.press/>
- ★ @jordallenhall - <https://www.instagram.com/jordallenhall/?hl=en>
- ★ @sacredspaceforfatbodies
  - <https://instagram.com/sacredspaceforfatbodies?igshid=YmMyMTA2M2Y=>
- ★ @fatmarquisele
  - <https://instagram.com/fatmarquisele?igshid=YmMyMTA2M2Y=>
- ★ @haes\_by\_asdah
  - [https://instagram.com/haes\\_by\\_asdah?igshid=YmMyMTA2M2Y=](https://instagram.com/haes_by_asdah?igshid=YmMyMTA2M2Y=)
- ★ @fierceblackfemme
  - <https://instagram.com/fierceblackfemme?igshid=YmMyMTA2M2Y=>

The Fat Liberation Manifesto

# The Fat Liberation Manifesto

1. WE believe that fat people are fully entitled to human respect and recognition.
2. WE are angry at mistreatment by commercial and sexist interests. These have exploited our bodies as objects of ridicule, thereby creating an immensely profitable market selling the false promise of avoidance of, or relief from, that ridicule.
3. WE see our struggle as allied with the struggles of other oppressed groups against classism, racism, sexism, ageism, financial exploitation, imperialism and the like.
4. WE demand equal rights for fat people in all aspects of life, as promised in the Constitution of the United States. We demand equal access to goods and services in the public domain, and an end to discrimination against us in the areas of employment, education, public facilities and health services.
5. WE single out as our special enemies the so-called “reducing” industries. These include diet clubs, reducing salons, fat farms, diet doctors, diet books, diet foods and food supplements, surgical procedures, appetite suppressants, drugs and gadgetry such as wraps and “reducing machines”.

WE demand that they take responsibility for their false claims, acknowledge that their products are harmful to the public health, and publish long-term studies proving any statistical efficacy of their products. We make this demand knowing that over 99% of all weight loss programs, when evaluated over a five-year period, fail utterly, and also knowing the extreme proven harmfulness of frequent large changes in weight.

6. WE repudiate the mystified “science” which falsely claims that we are unfit. It has both caused and upheld discrimination against us, in collusion with the financial interests of insurance companies, the fashion and garment industries, reducing industries, the food and drug industries, and the medical and psychiatric establishment.
7. WE refuse to be subjugated to the interests of our enemies. We fully intend to reclaim power over our bodies and our lives. We commit ourselves to pursue these goals together.

**FAT PEOPLE OF THE WORLD, UNITE! YOU HAVE NOTHING TO LOSE ....**

By Judy Freespirit and Aldebaran  
November, 1973  
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