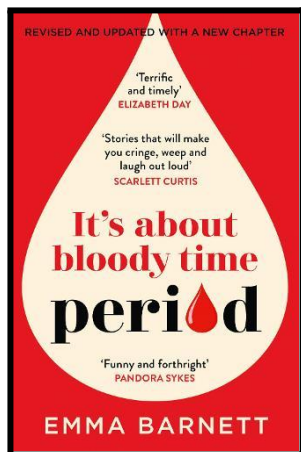


Women's Collective Book Recommendations



	<p>We Should all be Feminists by Chimamanda Ngozi Adichie</p> <p>"I recently read Chimamanda Ngozi Adichie's book We should All be Feminists. This is a short, empowering, personal essay Adichie wrote and delivered for her TEDx talk which you can watch here.</p> <p>I would highly recommend you take a look at this speech which in a very short space of time really does pack a powerful punch!"</p>
	<p>Being in Your Body: A Journal for Self-Love and Body Positivity by Fariha Róisín</p> <p>"Beautifully illustrated journal with prompts to encourage insightful reflections on body image and self-love. I would recommend this to anyone looking for an impactful self-care activity or to those who may be struggling with body image and internalised fatphobia."</p>
	<p>Everything I Know About Love by Dolly Alderton (memoir/ feel good)</p> <p>When it comes to the trials and triumphs of becoming a grown up, journalist Dolly Alderton has seen and tried it all. She vividly recounts falling in love, wrestling with self-sabotage, finding a job, throwing a socially disastrous Rod-Stewart themed house party, getting drunk, getting dumped, realising that Ivan from the corner shop is the only man you've ever been able to rely on, and finding that that your mates are always there at the end of every messy night out. It's a book about bad dates, good friends and - above all else - about recognising that you and you alone are enough.</p>



Period by Emma Barnett

In this frank, funny rallying cry, Emma Barnett shares her story, as well as those of others, to ask why we've clammed up about menstruation. She'll make you laugh, weep, and maybe squirm, about the natural process that nobody talks about, and smash this taboo once and for all.

"A super interesting and hilarious read about periods and the taboo around them! This book is so educational whilst also being impossible to put down. It will leave you feeling inspired and enamoured in the fight for equality!"- Emily N



Release the Beast: A Drag Queen's Guide to Life

"I loved watching Bimini on screen and stage so I knew I had to give this a read and it has not disappointed- full of Bimini's wit, I've found it very insightful and it gives you lots to think about!"

"Bimini Bon Boulash is the nation's sweetheart, capturing hearts and minds as the gag-inducing, death-dropping, plant-based breakout star of RuPaul's Drag Race UK Season 2. Not only did she make us laugh and cry, she showed us how to develop a Positive Mental Attitude and live happily and healthily outside society's idea of 'normal'.

Telling the story of how drag took her from the brink of self-destruction to the mainstage, as well as life lessons drawing on convention-breaking icons from Kate Moss to Katie Price, in this book Bimini uses all her wit, charm and kindness to show us how to lead the lives we wish we could lead, through the life-changing magic of dragging up."



My Vulva and I

Lydia Reeves is a Female Body Casting Artist from Brighton. Her work focuses on allowing people to celebrate their incredible bodies, and to help eradicate any shame, embarrassment or negative thoughts that they may have encountered throughout their lives.

Working alongside participants, she created "My Vulva and I"- a book that celebrates vulva diversity, in hopes to help us all feel less alone in our experiences, the journey we have been on with our bodies, and our thoughts and feelings towards our own vulvas.

Whether it's questions around the size of our labia, pubic hair, sharing experiences of sexual trauma and abuse, disease, discharge, pornography, giving birth, or reclaiming sexuality, The Vulva Diversity Book and its authors are here to speak openly, freely, and without judgement.

(CW: Some of the stories included in this book discuss rape, sexual abuse, and some other topics some people may find distressing or

	triggering.) To find out more about this book and Lydia Reeves work, click here.
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