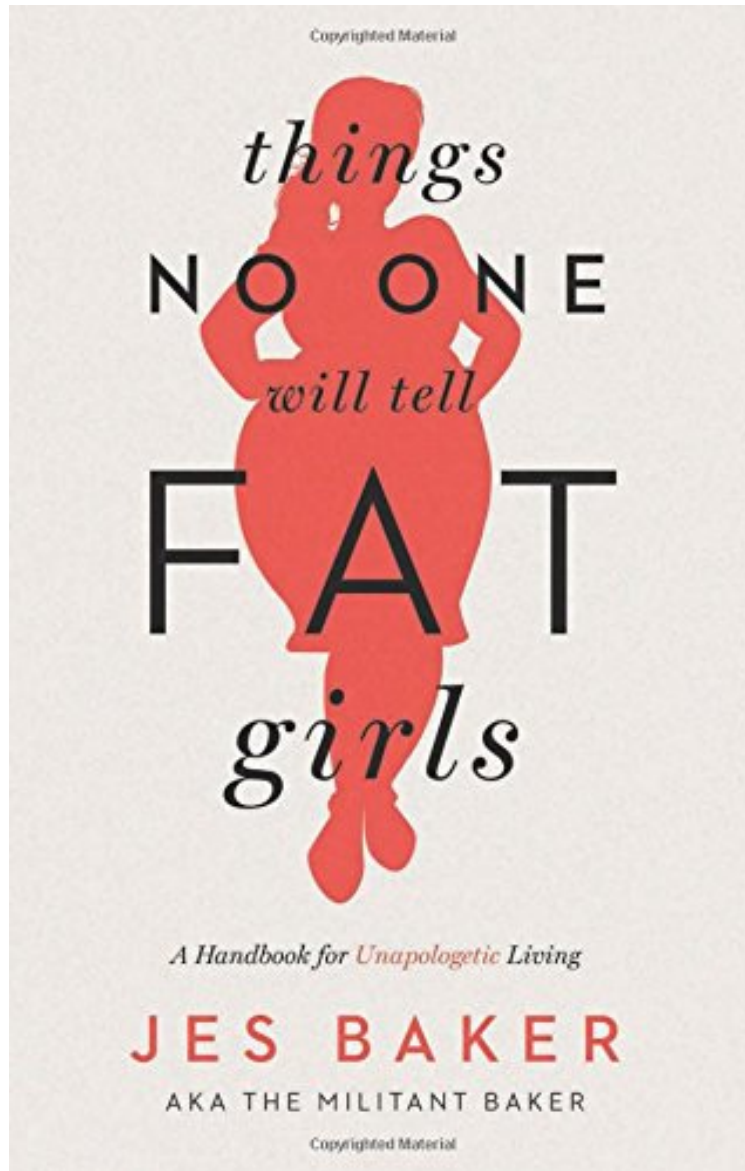


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# Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living

Jes Baker

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**Jes Baker : Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living:

1 of 1 people found the following review helpful. A treasure trove of game-changing wisdom for ANYONE who's

tired of living in limited beliefs about others and themselves!By Kathryn DixonThis book is a game-changer for every living, breathing human being who has the passion and courage to look beyond the "obvious" which simply stated, never is. Jes Baker is a fearlessly effervescent fount of wisdom, honesty and compassion for all (even the 'fat-haters'). Truly enlightening, inspiring and highly recommended!0 of 0 people found the following review helpful. Beautifully written. I love it how Jes gives it ...By Deanna GallimoreBeautifully written. I love it how Jes gives it to you straight and actually makes you realize just how great it is to be you exactly as you are! It doesn't matter what you look like! when I read the book I feel like it's me from the future talking to me. Or that I am reading something specially written for me. As a writer, that is difficult to do, so kudos to Jes for pulling it off!!2 of 2 people found the following review helpful. Jess writes like you're talking to a girl friendBy JessicaJess writes like you're talking to a girl friend. It's a great read for any human of any size. It's an inside look at a demographic society is just getting to know.

Things No One Will Tell Fat Girls is a manifesto and call to arms for people of all sizes and ages. With her trademark wit, veteran blogger and advocate Jes Baker calls people everywhere to embrace a body-positive worldview, changing perceptions about weight, and making mental health a priority.Alongside notable guest essayists, Jes shares personal experiences paired with in-depth research in a way that is approachable, digestible, and empowering. Things No One Will Tell Fat Girls is an invitation to reject fat prejudice, fight body-shaming at the hands of the media, and join this life-changing movement with one step: change the world by loving your body.Among the many Things No One Will Tell Fat Girls that you dont want to miss:1. Its Possible to Love Your Body (Today. Now.)2. You Can Train Your Brain to Play Nice3. Your Weight Is Not a Reflection Of Your Worth4. Changing Your Tumblr Feed Will Change Your Life5. Salad Will Not Get You to Heaven6. Cheesecake Will Not Send You to HellIf you're a person with a body, this book is for you.

"If only Things No One Will Tell Fat Girls were my bible 25 years ago, it would have surely saved me years of hating my body. This book is a must read for girls and women of all ages and sizes. I believe this book has to power to change the trajectory of self-loathing for countless females. Bless you, Jes Baker."Ricki Lake"The first thing readers of this stirring manifesto will notice is that Baker, a blogger and mental health specialist, is very funny. She is also on a mission. As Baker explains, she wants to help women embrace a body-positive view that doesnt put other people down for their size, color, or self-presentation. The book builds on Bakers viral Attractive and Fat campaign, which called out Abercrombie Fitch for fat shaming. Baker recommends websites, blogs, books, and hotlines for anyoneof any genderwhos intent on living without self-loathing despite the social pressures around body image. Her message is powerful, particularly her suggestions of things 'fat people' should insist on doing that others often tell them they cant (e.g., sitting in a booth, riding a bike, wearing a bikini). Equally strong are the essays from guest authors, including 'Body Love and Disabilities: Intersections of Identity' by Shanna Katz Kattari and 'The Case for Male Fatshion' by Bruce Sturgell. Readers will be challenged and empowered by Bakers ideas, inspired by her quest to promote body positivity, and entertained by her candid, witty storytelling."Publishers WeeklyThank you, Jes Baker. Thank you from my daughter. Thank you from me . . . . Things No One Will Tell Fat Girls is a cultural game changer.Brittany Gibbons, Bestselling Author of Fat Girl WalkingFierce. Funny. Factual....Tackles our most deeply held beliefs about our bodies with razor sharp wit and an unapologetic commitment that we all deserve to love these vessels we live in. Bravo for this piece of body liberation!Sonya Renee Taylor, Founder and Radical Executive Officer of The Body is Not an Apology"Baker has done it all: A fierce, funny, and rocking manifesto that applies solid science to challenge common body myths, exposes cultural health hypocrisies, and stays true to the politics of social justice. Things No One Will Tell Fat Girls will inspire you to find and flaunt your own brand of awesome."Linda Bacon, PhD author of HAES and Body Respect