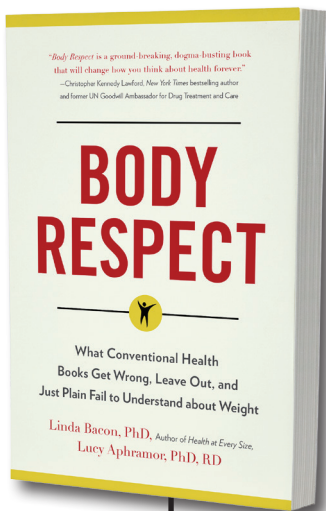


BODY SHAMING IS RAMPANT. BUT IT DOESN'T HAVE TO BE.

Integrating a social justice agenda, *Body Respect* critiques weight science, explains the fallout of a health agenda based on thinness as the goal, and offers an alternative path to compassionate and effective health care. An evidence-based corrective to the epidemic of bad science and body shame.



“A must-read for those who suffer from our culture’s pervasively negative attitudes towards fat... and for those who want to help them.”

—ANITA JOHNSTON, PHD.

Advance body respect today.

CONSIDER THE PLEDGE



Today, I will try to feed myself when I am hungry and honor my body's signals of fullness.



Today, I will try to be attentive to how my body feels and to choose foods that make me feel good.



Today, I will try to look kindly at my body, and to treat it with love and respect.



Today, I will try to practice more mindfulness.



Today, I will try to challenge stereotype, size bias and thin privilege.



Today, I will show more compassion towards myself and others.

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