

\$2



SHAMELESS

I decided to name my first sola zine after my goal in life: to become completely shameless. To me, being shameless is about destroying self-loathing, guilt, false modesty and all those internal voices that tell me I'm not smart, sexy, strong, brave, thin, successful, positive, or politically active/aware enough to meet the challenges at hand. Of all the sources of shame in my life the shame of my fat body has been the most omnipresent and difficult to conquer. It rears its ugly head most viciously when I'm doing things I really enjoy; dancing, kissing, biking, masturbating, dreaming, and fucking. After being consistently taught that my body is despicable and disgusting for 24 years and being a pretty good learner I've had it. I'm beginning a determined fight to love myself and accomplish complete and total shamelessness. On the way, I plan to take out some ugly, good fer nuthin' fat hatin' lies. YEEHAW!!!

"Fat-bottom girls you make the
rockin' world go 'round!"
—Queen

Who I am

I am 5 foot 3 1/2. I weigh 198 pounds. I ride my bike every day and eat lots of vegetables and like eating fish. I am good at fire dancing and a strong swimmer. I work as a nude model for art classes and quit smoking 120 days ago. I come from a white middle class family and am queer and a feminist. I read a lot and speak Spanish. I am also a self-identified fat persyn.

I am currently living in South Florida.
LAKE WORTH DON'T PLAY!!!! Way down here people are a lot more willing to share their sick distorted ideas and prejudices about...everything. From race to gender, fat to queers; you name it they're ready to bash it. The willingness of men to objectify me and expect me to appreciate it, car drivers who actively hate bicyclists, white people expecting me to join in racist stereotyping, and gays telling me that bisexuality is bizarre, threw a curveball at this west coast radicalized gal, to say the least. I grew up in Arkansas but the south looks real different through my eyes now. Seeing all the ugly isms staring me in the face and not glossed over by west coast lip service politics knocked me on my fat ass. But after recovering a little, it's giving me fuel to fight. There's something refreshing about being able to see the enemy, not the people but the hatred. I can yell back at the dudes who cat call me or dialogue with them if I'm feeling particularly spheroid. I have the opportunity to address stereotypes within my community and be listened to even if i'm not agreed with. Having a community that is generally respectful makes this a less painful experience than living in one that is competitive and judgmental. (Insert another shout out to the L.W. crew). Still, dealing with overt sexism and fatphobia on a daily basis is exhausting. I'm hoping that thru this zine i can offer some food for thought and a wider vision of fat lovin' to a bunch of folks at once. Now that you know a bit about your authors agenda, background and bias I proudly introduce the first and only edition of **Shameless**.

* If you got thrown off by the word spheroid it's because it's totally out of place. It was a suggestion from the computer's spell check program. I liked the way it sounded I left it 'N.

Fatphobia is not = body image

Fatphobia is fear, disgust, and hatred of fat. *Body Image* is the way that we perceive our bodies, which is often distorted and self-loathing. The two issues are intertwined but certainly not synonymous. The confusion about this seems to motivate many comments about how thin people, people with hairy bodies and big noses etc. are oppressed, too. These complaints are valid. We are all suffering under fascist beauty standards. (No, I'm not using the word fascist lightly. The beauty standards we are pressured to live up to are quite similar to Aryan ideals.) Nonetheless when I talk about ~~FAT~~ **phobia**, getting the "Get over it, I did" attitude from thin people is infuriating. Looking at the number of weight loss articles and diet centers as compared to hair removal, plastic surgery, and fat gaining ads, articles and clinics sets fatphobia apart. I imagine that some people got a little confused when I said "fat gaining", I did it to make a point. The only articles I've ever seen about

when fatphobia is being discussed

snakes. This creatively keeps up sugar addiction and cravings for sweets while teaching the dieter that she's making healthy choices. When she stops she gains back the weight, and often more. The diet industry has a new addict.

- ↓
- * Percentage of people who are satisfied with their health: 88
 - * Percentage of women who say they diet for their health: 21
 - * Percentage of American women who avoid wearing a bathing suit: 88
- ↓



Many of these things feel cliché and played out to say, but clearly the need to hear them still desperately exists within radical communities. When the joke "Punk Prom" king and queen are elected they are thin and often the most stereotypically attractive kids in the room. Anarchist folk still tell me "You look good. You've really lost weight" (fortunately i haven't lately).

In one survey those polled would rather lose an arm than be "fat". Another survey asked people whether they would be willing to gain ten pounds and keep it for the rest of their life for a million dollars. Guess what their response was? You got it, "Not even for a million dollars".

Dixie

South of the Deep South,
the climate is hostile
to
wimmin,
bicycles,
and
fat.

Integral parts of
my life,
degraded daily.

Waves of heat
and anger
make me bolder as
horns honk,

cars swerve closer,

Eyes assessing my body
like unwanted fingers
running up my spine.

"Sexy,
Baby,
Mami,
Gorda"

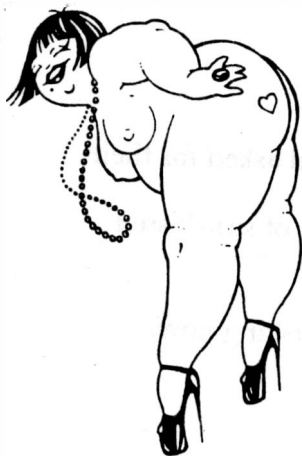
as if i'd asked for their
opinions
on my wealth of sun-kissed
flesh.
I didn't.
And I'm not asking now.

Researchers placed TWO FAKE PERSONALS ADS, one for a woman described as "50 POUNDS OVERWEIGHT [sic]" and the other for a woman described as a drug addict. THE DRUG ADDICT RECEIVED 79 PERCENT OF THE RESPONSES.

THINGS THAT ENCOURAGE FAT LOVING

(MOST OF THESE THINGS CAN BE USED TO ENCOURAGE GENERAL SHAMELESSNESS)

- *MASTURBATING AND TOUCHING IGNORED OR UNDER APPRECIATED PARTS OF YOUR BODY
- *GETTING MESSAGES
- *MASSAGING OTHER FAT PEOPLE
- *TAKING GOOD CARE OF YOUR BODY
- *ONLY HAVING SEX WITH PEOPLE WHO RESPECT AND DESIRE YOUR BODY THE WAY IT IS WITHOUT CRITICIZING
- *TELLING PEOPLE THAT YOU DON'T APPRECIATE FAT JOKES OR "WELL MEANING" DIET ADVICE (SOMETIMES JUST TELLING THEM TO SHUT THE FUCK UP FEELS GOOD, TOO)
- *FAT POSITIVE ART: CREATE IT, APPRECIATE IT, GIVE IT AWAY, PUT IT EVERYWHERE
- (GIVE FAT PEOPLE COMPLIMENTS (but ONLY GENUINE ONES))
- REFUSE TO BE WEIGHED.



- *READING FAT POSITIVE BOOKS AND ZINES
- *NOT DIETING
- *REMEMBERING THAT POSSIBLY THE MOST ATTRACTIVE THING A PERSON CAN DO IS BELIEVE THAT THEY'RE ATTRACTIVE.
- *LOOK IN THE MIRROR AND SAY "DAMN, I'M FINE" OUT LOUD. THIS WILL ALMOST INEVITABLY MAKE YOU LAUGH. LAUGHING IS SEXY, TOO.
- *ENJOY EATING AND DO IT IN PUBLIC
IF YOU'RE FEELING REALLY BRAZEN AND SOMEONE GIVES YOU THE "OH-MY-GAWD, I CAN'T BELIEVE SHE'S EATING THAT" LOOK, TRY LICKING YOUR LIPS AND WINKING
- *WEARING CLOTHES THAT YOU FEEL SEXY IN. IF YOU DON'T HAVE ANY ACQUIRE SOME.
- *TEAR DOWN DIET ADS. REPLACE THEM WITH SOMETHING MORE INTERESTING.
- *GETTING NAKED WITH THE LIGHTS ON, BY YOURSELF, WITH A PARTNER, SWIMMING, ETC.
THE WORLD WON'T STOP AND IF YOU'RE NAKED WITH OTHER PEOPLE IT'S HIGHLY UNLIKELY THAT THEY'LL BE STEREOTYPICALLY PERFECT EITHER.
- *NOT DIETING (YES, I KNOW BUT IT'S WORTH REPEATING)
- *ASK OUT SOMEONE YOU HAVE A CRUSH ON. IT'S QUITE POSSIBLE THEY'LL SAY YES.
- *TAKE A SELF-DEFENSE CLASS. YOUR WEIGHT CAN BE USED TO YOUR ADVANTAGE.

GIVE YOURSELF THE LOVE THAT YOU FANTASIZE ABOUT RECEIVING FROM SOMEONE ELSE.

I recently got an order from a
ZINE distro. It came w/
a bunch of random stuff,
including the article
I cut this out
OF.



MISINFORMATION

The connection between weight and health problems is iffy:
Believe it or not, there's no evidence that losing weight will
make you as healthy as someone who's naturally thinner.

This is an excerpt from a article in Sassy magazine
stating the reasons not to diet. I appreciate the sentiment
but the delivery is lacking. Why do the people who
wrote & reproduced this article think that
stating that fat is a cause of effect about
disease will make dieters less worried about
being fat? Also, dieters do not get proportionally
healthier the more naturally thin they are. I'm
not a science buff but I'm pretty sure
that correlation ≠ causation.
Does 2 events happening
in the same body mean
that they're related?
I've lost 50 lbs and got
not a single infection.
Sigh.
I'm just fat.
I only
a last
teller.

Fight Oppression

Resist Victim Mentality

I've been thinking a lot about quantifying
oppression and the impossibility of doing such a
thing. It's confusing and awkward because we're all
oppressed and all oppressors in different ways.
Sometimes, there seems to be a competition in
radical activist and anarchist scenes to be "more
oppressed than thou." (bell hooks writes good stuff
about this in killing rage.) Why are we compelled to
build movements on isolating, victim mentality?
We are much stronger when we focus on the power
of our combined experiences and united strength.
Victim mentality encourages self-pity; and pity--our

own or anyone else's--is limiting. It also leaves oppressors in power that they can either choose to cede or not. It encourages guilt and shame in people who would probably prefer to be loving allies. How can we find ways to continue raising awareness about suffering and oppression without portraying survivors of oppression as victims? Especially when those survivors are ourselves. Someone suggested to me that our movement wants to appear victimized because successful movements have been organized by oppressed people, not well-off white folks (which not all of us, but a lot of us are).

The realization that I'm neither blameless nor condemned, a survivor and a perpetrator, oppressor and oppressed is liberating. As bizarre as it may sound, it's lifted a weight of shame and of rage off my back. I am not as bound by good or evil dichotomies. I can let go of white guilt and work on undoing racism from a more honest angle. I can fight sexism as a womyn who's motivated by her desire for equality and who is powerful regardless of patriarchy. I can include trans people in the self-defense classes I teach because I'm genuinely concerned with their safety, not fearful that I'll be criticized or called transphobic. I've got to cut this off. This is supposed to be a zine about fatphobia, not a critique of my community. But this line of thinking has given me inspiration for another issue of 'Shameless'

Percentage increase in risk of hip fracture
for a 150-pound woman who loses fifteen
pounds: 280

Percentage of people who fully recover from
hip fractures: less than 50

• After speaking to someone about this idea she said that she was neither comfortable w/ 'victim' or 'survivor' as words to identify people who've been assaulted or oppressed. It made me think. Many people haven't just survived. Lots of us have gone on to live better, yet I'd be to know if anyone else does. mmm... the joys of language revolution have such limitless possibility.

Connections to other isms

Capitalism- The diet industry grosses about \$40 billion dollars per year (gross is a particularly appropriate term here)

- The average fat woman earns \$7,000 less per year than thin peers.

- In a field study, 50% of landlords refused to rent to fat people. All the landlords in study were willing to rent to thin tenants.

- Wimmin are 10% more likely to live in poverty if they're fat.

Sexism- 30,000,000 wimmin in the U.S. are on diets. Only 10% of dieters in the country are men.

- 25% of wimmin surveyed said that they'd avoided sex because they felt fat.

- Fat wimmin are 20% less likely to get married by their mid 20s than thin wimmin. (Sure, not all of us are seething with envy over this, but it's still telling)

- Men are only 11% less likely to be married.

※ Number of dollars American businessmen sacrifice in salary for every pound they are "overweight": \$1,000

Racism- Fat people are often poor people of color. The hatred of fat combined with the stereotypes and oppression that people of color deal with compounds suffering and is used to legitimate racist ideas i.e. "people of color, especially wimmin, are lazy and would rather get fat off of welfare than work". Because no one who is fat does anything active or worthwhile...right?

→ ASIDE. most people on welfare are white.

All of the above- Body mass Indexes aka the stupid weight charts in doctor's offices were based on a poll by an insurance company. The people surveyed were overwhelmingly white males all of which could afford insurance.

CONTINUES ON NEXT PAGE —

"If American men are obsessed with money, American women are obsessed with weight. The men talk of gain, the women talk of loss, and I do not know which talk is the more boring."

—Marya Mannes.

These "ideal" weights were set around a tiny portion of the country's population. Not to mention, the weights used were the responders' reported weights. Lots of people lie about their weight. The higher weights were originally indicated for men and the lower ones for wimmin. Who would condone basing a system that would effect how millions of Americans think about their body weight and health on such faulty data? Maybe, the same people who could get richer by overcharging fat people for insurance, selling dangerous and ineffective diet drugs, weight loss plans, and those most likely to be considered "healthy" by these standards. Hmmm...sounds like another plan from "The Man" to me.

In a survey
of university
students, 80%
of women and 20%
of men said they
were "terrified" of
being overweight.

Some things i like about being fat

1) I get away with more illegal things due to the fact that the general public sees fat people as dumb, lazy and compliant.

2) I Can float for as long as I want.

3) My sexual partners will never see me as a "trophy girlfriend".

4) People get out of my way when I'm in a hurry.

5) i'm not seen as fragile.

6) My fat recently inspired me to start creating fat positive art.

7) i have no fear of getting fat.

8) i can be a great example of strong fat wimmin to kids i work with.

9) Soft bodies are great for hugging.

10) When i work as a nude model people tell me how much they like drawing my curves.

11) people rarely borrow my clothes.

13) my big breasts look good in a corset.

14) i already have a lot of experience taking up space.

White skin privilege
is also a huge
factor.

Percentage of Americans who call education
one of the most important problems facing
the country: 3

Percentage of Americans who are "very con-
cerned" about saturated fat: 61

15) fat is fun to grab and
squeeze.

16) i've got more ass to shake.

Some pointers on treating fat
folks with respect.

- don' t assume we have eating disorders.

-don' t assume that we' re lazy, gluttonous, desperate, lonely, sexless, inactive, weak, stupid, or using food to deal with an emotional disorder (generally, not assuming is good)

-Analyze your own fatphobia.
i.e. if you wouldn' t have a fat partner consider why.

-keep ignorant fat hating comments out of your conversations and publications.

-If you fuck fat folks, appreciate them the way they are.*If you like it in the sheets don' t dis it in the streets.*

-Recognize that not all fat wimmin want to be called Earth Mothers.

*I have not given birth to anything, much less a planet.

-Make events fat friendly.

Provide large, sturdy chairs.

Consider fatphobic messages in fliers, presentations, and provided material.

-Don' t expect all fat people

*activist scenes to be related

FAT PRIDE IS SAFE, FREE, EFFECTIVE, AND GOOD FOR YOU.

about being called fat. (It's not an easy thing to do)

Also, people's definition of 'FAT' differs enormously

-If someone does identify as fat, don't tell them that they're wrong, just "healthy", "voluptuous", "thick", or use any other offensive euphemisms.

-don't come to fatphobia groups and talk about the trials and tribulations of thinness.

*Why do we have to keep saying this?!

-Recognize that thin does not equate health or fat the lack thereof. Good health is a mix of eating well, physical activity, healthcare, environment, and privilege.

-don't be shocked when fat people do difficult physical tasks.

-Be responsible for fat hating language you use in front of kids. Hatred learned young is hard to let go of.

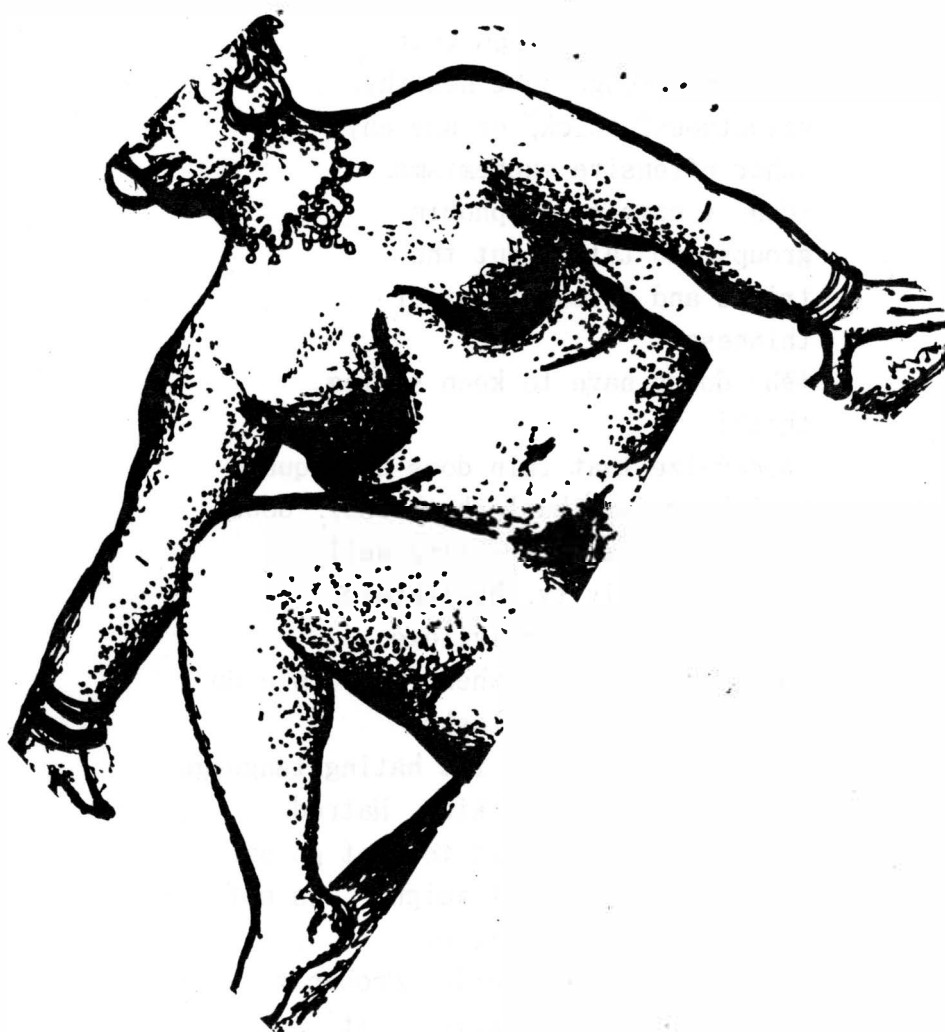
- "Wow, you've lost weight" is not necessarily a compliment.

-Don't pity fat people. Probably better not to pity anyone. it's degrading.

-Encourage zine distros to carry
fatloving publications.

-Be conscious of using the word fat
excessively with self identified fat
people to increase your newfound
comfort with the word. (imagine having
any physical characteristic constantly
pointed out, it' s boring at best)

-Don' t wait for fat people to address
fatphobic comments. Anyone can identify
and confront stereotypes.



Beauty is a construct used to
objectify everyone & eroticize
whatever is currently less common.

To tell with rich white DUDES
BEAUTY STANDARDS, & EVERYONE ELSE'S
FOR THAT MATTER CREATE YOUR OWN!

Hilde Bruch quotes a French
physician who, in 1911, wrote:

One must mention here that aesthetic errors
of a worldly nature to which all women submit,
may make them want to stay obese for
reasons of fashionable appearance. It is
beyond a doubt that in order to have an im-
pressive décolleté each woman feels herself
duty bound to be fat around the neck, over
the clavicle and in her breasts.

To her it is a true sacrifice because she
gives up what the world considers beautiful.⁵

**Lillian Russell,
who was famous for**

**her beauty in the
late 19th century,**

**be considered
very overweight
would**

**by today's
standards**



F.Y.I

fight yuppie indoctrination

-Fat is more about nature than nurture. If a kid has one fat parent they have a 50% chance of being fat. If they have two fat parents then they have an 80% chance of being fat.

-It's not necessarily that fat parents are passing along bad eating habits to their kids either. Studies of identical twins raised in completely different environments weighed within 5 pounds of each other's adult weights.

- Fat is not a death sentence or a definitive sign of any type of health malfunction.

*High weight correlates with higher likelihood of some illnesses and lower chance with others. Fat folk are less likely to get cancer, some respiratory diseases, osteoporosis, some types of cardiovascular disease, anemia, scoliosis ^{or commit} suicide.

*Fat people are no more likely to have clogged arteries than thin people.

-Those charts at the doctor's office are a crock of shit for a lot of reasons. They're also hypocritical. People considered in the "ideal" weight category have shorter life expectancy than those in the "overweight" category. Since when is dying sooner ideal?

- Thin people have trouble gaining weight, similarly fat people have a hell of a time losing weight. This is because of metabolism. Some people's bodies burn thru fuel faster than others.

*repeated weight-loss dieting
leads to higher and higher weights—*

~~-Thinness is not healthy for everyone.~~

Losing weight especially in the roller coaster style dieting leads to makes people more prone to some illness and disease.

-Dieting does not work!!! 90-98% of diets fail. This is counting "success" as keeping weight off for 3 years.

-Models often meet weight criteria for being diagnosed as anorexic. Some say that a woman who is 5ft. should weigh 100 pounds and add 3 pounds for every inch above.

-History suggests that woman's beauty is defined by what is most intangible. In a country where the average woman is a size 14, setting our ideals as a size 7 or below continues that trend.

I don't identify as "a person of size" Everyone has a size. A size 0 is a size. Unless fat is something to be ashamed of why not use the word?

**in a 1993 study
40% of 5th graders
study felt they were**

**↓
"too fat."**

i'm not going to be bothered with citing the sources for all this info. that i've so generously offered up. do your own homework. there's some quality books mentioned on the reading list.

FAT AMERICANS ARE

**Lazy, Disgusting, T.V. Junky, Fast Food
Addicted, Car cultured, Rich Capitalist
Pigs**

RADICAL FOLKS, please take these stereotypes and stick them

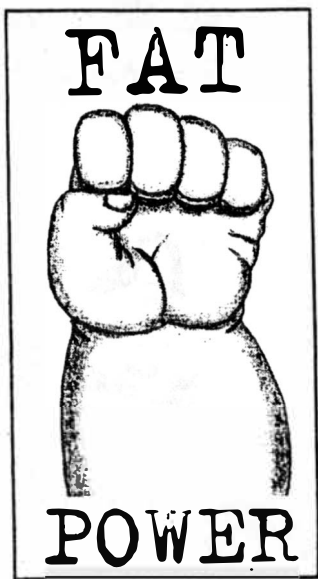
in a vegan, organic, refined sugar and wheat-free pie, chew on 'em, and swallow them down so that they can be properly processed into the shit that they are.

Sure, some fat people are all of these things. So are lots of thin people. We've established that thin people don't eat less or corner the market on health, and that fat people are only slightly more likely to get thin and stay that way than short people are to get tall. Fat people meet job discrimination, are openly ridiculed and harassed, discriminated against in college admission, get paid less, and are more likely to live in poverty. Many fat people are people of color and wimmin. Here comes a big fat rant.

These facts are only slightly ignored when some self-righteous and usually thin activists decide to make fat capitalist and "fat pig" cop puppets, put similar icons in their zines or other publications, give fat car drivers hell and tell them to get a bike so they can get rid of some of that fat ass, mail unsolicited and ignorant fat hating propaganda from their distros, or use veganism as a suggested weight loss diet. I am angry. I am fat. I was fat when I was vegan. I haven't owned a t.v. for 6 years, I don't eat fast food (except when I'm really hungry and find it in the trash), I drive cars about twice a year and have depended on my bike for transportation since I was 19. Did I mention I'm still fat. Sometimes when I talk to people about fatphobia it encourages them to share all their fathating ideas with me, and make casual fat hating comments in my presence.

My absolute favorite is when people I'm romantically involved with get a wild hair up their ass to share their hatred of fat...with me. It is wrath invoking, but also a little confusing. Do they really think I'm thin? Do they think I think I'm thin? Do they think because I'm attractive, I'm not fat? Or that since I'm attractive it's "voluptuousness", not fat? Why is it that when we enjoy a persyn from a group that we have hateful prejudices about, that the respected persyn becomes an exception to the rule, as opposed to questioning the rule?

My second favorite is when radical activists air their fatphobia as if it is creative and funny. I was reading a bike circus' zine and fantasizing about joining until I got to the quotes page that had a witty quote from one of the circus members about telling a fat motorcyclist to get a bicycle so the motorcyclist could get thin and healthy like him. The other brilliant quote was about g.e. foods making people fat. There was no evidence given that the statement was based on anything more than prejudiced assumption. I wrote an email to the circus that they never responded to. One more statement that fatphobia is not even worth addressing. Everyone, especially people who have chosen to focus their lives on equality need to assess the sources and validity of their stereotypical ideas.



Just to shore up my convictions that fathating stereotypes linking my fat body to rich capitalist dudes are erroneous I did some homework. I looked up the CEOs of the first big, bad, evil corporations that I thought of and found photos of them on the Internet. I win. The CEOs of McDonalds, Nike, Shell, and Disney aren't fat. The CEO of Shell wouldn't make a great poster child for Slim Fast (or PETA for that matter) but none of these filthy rich capitalists would be recognizable as the pigs in suits type puppets that so often fly over anti-globalization marches. Not even the former CEO of McDonalds who just died of a heart attack. I included their photos for your viewing pleasure.



McDonald's Corp. Chairman and Chief Executive Jim Cantalupo



Phil Knight, Nike CEO



Shell
CEO,
Something Smith
(I lost the paper w/
his first Name)



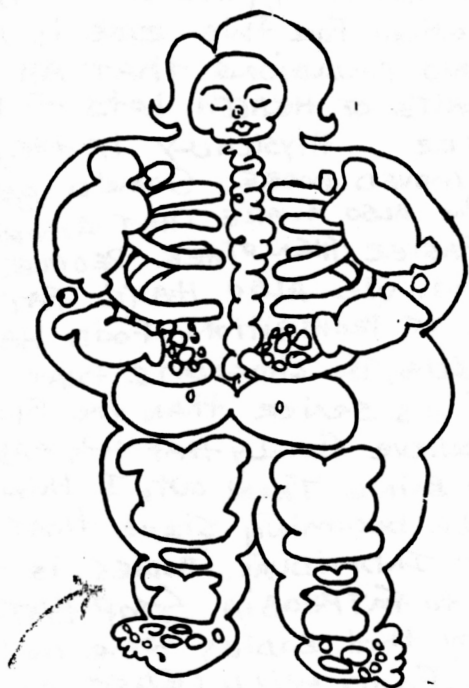
Michael Eisner

Disney

I am not the posterchild for fat love, impeccable eating habits, or a bottomless fountain of fat knowledge. I still apply fat-hating stereotypes to myself and others. Sometimes, I eat dumpstered donuts & pasteries when I'm not even hungry. I don't follow ANY rigorous physical activity plan. I just bike or walk where I need to go. I swim because I like it. I have some disordered eating habits. MANY FAT & THIN FOLK (especially gals) who grew up w/ ANOREXIC & FAT HATING PARENTAL FIGURES DO, TOO. A big motivation for this zine is my own THERAPY. I have NO DELUSIONS that all FAT PEOPLE ARE PORTRAITS OF HEALTH. Lots of PEOPLE WOULD FARE BETTER PHYSICALLY if they ATE BETTER AND MOVED MORE. Some'd GET FATTER, some THINNER. I'm ALSO AWARE THAT AMERICANS ARE GETTING FATTER FASTER THAN OTHER PEOPLE. WE'RE GETTING TALLER, TOO. WE ALSO HATE FAT MORE. MAKES ME THINK OF PROHIBITION. FOOD HAS BECOME AN 'IMMORAL' DRUG. The CHOCOLATE THAT YOU "SHOULDN'T EAT" is sexier than the SPINACH THAT YOU "SHOULD". I believe firmly that it's EASIER to HATE THINGS into BEING THAN OUT. I think the SOLUTION to people becoming sizes that are UNHEALTHY FOR THEIR INDIVIDUAL BODIES is the SAME AS THE SOLUTION to FATPHOBIA. STOP HATING FAT! ACCEPT AND ENJOY that BODIES come in DIFFERENT SHAPES & SIZES. FOOD WILL CEASE to BE "FORBIDDEN FRUIT". PEOPLE will BEGIN to eat PRIMARILY for the Nourishment of THEIR BODIES AND THE PLEASURE THAT BRINGS. OF course people will still eat occasionally for PLEASURE ONLY, but won't spiral into the DEPTHS of SELF-HAIRED AND ADDICTION FOR SUCH A MINOR TRANSGRESSION.

Anti Copy right Message

I "stole" a lot of the information USED in this ZINE. I don't believe that ANYONE OWNS information, certainly NOT me. Reprint, distribute, sell (if you can find people to pay for it), or claim as ORIGINAL thought, ANYTHING + EVERYTHING WITH IN THESE PAGES.



She's not fat, she's just big-boned!

A lot of the info in this zine, especially stuff w/ \$s + %s were LIFTED from FAT?SO + SUSAN KANO'S BOOK. THANKS YALL for your unknowing + UNWILLING GIFTS.

READING LIST

Fatlovin' books

- FAT!SO? the zine and the book. Wann
- Making Peace with food: Freeing yourself from the diet and weight obsession. Kano
- Big Fat Lies: The truth about your weight and health. Gaesser
- Fat GiRL: The zine for Fat Dykes and the women who want them

- Fat Pride: A Survival Handbook Grosswirth, Martin
- Rethinking Obesity: An Alternative View of its health implications Ernsberger, Paul
- Shadow on a Tightrope: Writings by Women on Fat Oppression available thru Aunt Lute books

books on masturbation

(because enjoying your body and getting yourself off are huge steps toward self-love)

- For Yourself. Lonnie
- Sex for One: The Joy of Self loving. Betty Dodson

just damn good

anything by bell hooks

Doris zines

Zora Neal Hurston's books

Summerhill by A.S. Neill

The Never Ending Story and Momo

By Michael Ende

RESOURCES

Fatso.com 1-800-OH-FATSO

-NAAFA 1-800-442-1214

P.O. Box 18860 Sacramento, CA 95818

myself- patwilkinson@hypocrisy.org

A Big FAT
KISS to EVERYONE
who took the time



to READ this
ZINE -xxxoo

∞ May you BECOME AS SHAMELESS
AS you DREAM OF BEING. ⑨