



Recommended Books

Eating Disorders

A Hunger So Wide And So Deep: A Multicultural View of Women's Eating Problems
Becky Thompson

Not All Black Girls Know How to Eat: A Story of Bulimia
Stephanie Covington Armstrong

Fearing The Black Body: The Racial Origins of Fat Phobia
Sabrina Strings

Starvation Mode: A Memoir of Food, Consumption and Control
Elissa Washuta

How American Diet Culture Negatively Affects Latinas
Viviana Rose

Hunger
Roxanne Gay

Treating Black Women with Eating Disorders: A Clinician's Guide
Charlynn Small & Mazella Fuller

The Care and Feeding of Ravenously Hungry Girls
Anisa Gray

Body Image/Fatphobia

The Body Is Not an Apology: The Power of Radical Self-Love
Sonya Renee Taylor

Fattily Ever After: A Black Fat Girl's Guide to Living Life Unapologetically
Stephanie Yeboah

You Have The Right to Remain Fat
Virgie Tovar

Hijas Americanas: Beauty, Body Image, and Growing Up Latina
Rosie Molinary

Fat Girls in Black Bodies
Dr. Joy Cox

Belly of the Beast
THE POLITICS OF ANTI-FATNESS AS ANTI-BLACKNESS
DA'SHAUN L. HARRISON

Yoke: My Yoga of Self-Acceptance
Jessamyn Stanley

Colonialism/ Indigeneity

Black Body: Womenism, Colonialism, and Space
Radhika Mohanram

Black Hunger
Doris Witt

Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present
Harriet A. Washington

Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing
Joy Degruy

Eating Fire, Tasting Blood: Breaking the Great Silence of the American Indian Holocaust
Marijo Moore

The Body of the Conquistador: Food, Race and the Colonial Experience in Spanish America, 1492- 1700
Rebecca Earle

Mexican-Origin Foods, Foodways, and Social Movements : Decolonial Perspectives
Luz Calvo

The Cooking Gene
Michael W. Twitty