

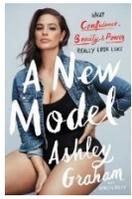
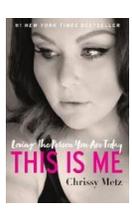
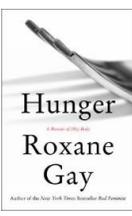
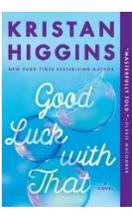
“Big Reads” Book Talk – Bethany Branch – February 8, 2019

Glossary:

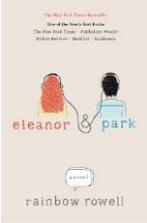
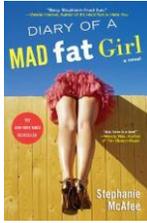
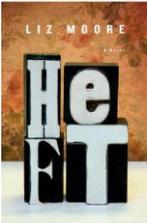
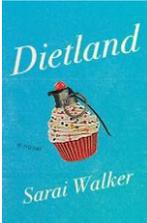
Body Positivity (BoPo) – A social movement rooted in the belief that all human beings should have a positive body image, and be accepting of their own bodies as well as the bodies of others.

Health at Every Size (HAES)- Advocates importance of respect, awareness, and compassionate self-care through alternate methods. Emphasizes finding joy in moving one’s body and being physically active. It emphasizes eating in a flexible and attuned manner that values pleasure and honors internal cues of hunger, satiety, and appetite.

Polycystic Ovarian Syndrome (PCOS) - is a common health problem caused by an imbalance of reproductive hormones. Some of the symptoms of PCOS include: irregular cycles, too much hair on the face/chin, acne on the face/chest/upper back, thinning hair or hair loss on the scalp, weight gain or difficulty losing weight.

	<p style="text-align: center;"><u>Landwhale</u> by Jes Baker</p> <p>Unapologetic bopo blogger, Jes Baker, fearlessly explains why she turns insults into nicknames, why body image is hard for <i>everyone</i>, and why diets can kiss her butt.</p>		<p style="text-align: center;"><u>A New Model</u> by Ashley Graham</p> <p>Supermodel and Lincoln native Graham talks about her rise to fame, her quest for size acceptance, finding true love, & empowering women to embrace the challenges life presents.</p>
	<p style="text-align: center;"><u>This Is Just My Face</u> by Gabourey Sidibe</p> <p>Oscar-nominated Sidibe writes an irreverent memoir about her unconventional family, life before Hollywood, and how to stay strong in spite of difficult odds and constant naysayers.</p>		<p style="text-align: center;"><u>This Is Me</u> by Chrissy Metz</p> <p>Metz chronicles her difficult childhood, her unexpected rise to fame, lunch with Oprah, and leading her life with love – of herself and everyone she encounters.</p>
	<p style="text-align: center;"><u>Hunger</u> by Roxane Gay</p> <p>In this series of essays, Omaha-born Gay candidly discusses life after childhood trauma, the body as a cage, and what straight-sized people <i>really</i> need to know about walking in a fat person’s skin.</p>		<p style="text-align: center;"><u>Good Luck With That</u> by Kristan Higgins</p> <p>As best friends Marley and Georgia come to grips with the death of their friend Emerson, they both learn to face their deepest fears and lean into hope despite their grief and self-image issues.</p>

Annie's Big Reads Book Talk – February 8, 2019

	<p><u><i>Eleanor & Park</i></u> by Rainbow Rowell (YA)</p> <p>Omaha, 1986. The story of two star-crossed outcasts who try to make their first love work despite cruel classmates and indifferent families, but with a shared love of comic books and alternative music.</p>		<p><u><i>Diary of a Mad Fat Girl</i></u> by Stephanie McAfee</p> <p>Graciela “Ace” Jones is a big-boned, big-mouthed Mississippi high school teacher. When her bestie Lily cancels their sacred spring break plans and other bestie Chloe wants to leave her abusive husband, Ace springs into action!</p>
	<p><u><i>Heft</i></u> by Liz Moore</p> <p>What do high school baseball sensation Kel Kellan and the reclusive, 550-pound agoraphobic professor Arthur Opp have in common? The sad history of Charlene Turner, but a story of true friendship and kindness.</p>		<p><u><i>Dietland</i></u> by Sarai Walker</p> <p>304-pound Plum Kettle tries to fade into the background. But when she becomes involved with the feminist, self-loving Calliope House and the militant “Jennifer”, her self-image changes forever.</p>
	<p><u><i>Dumplin'</i></u> by Julie Murphy (YA)</p> <p>Sassy teenager Willowdean is plus-sized but brimming with confidence. She's so confident that she and her motley group of friends enter the small-town Texas beauty pageant her mother organizes.</p>		<p><u><i>Big Brother</i></u> by Lionel Shriver</p> <p>Pandora must choose between her athletic husband and her 386-pound brother. This book examines the role weight plays in family dynamics, and is a beautiful study in the love between siblings.</p>
	<p><u><i>I Do It With the Lights On</i></u> by Whitney Way Thore</p> <p>A viral video led to Thore becoming a reality TV star and body-positive activist. In this autobiography, she discusses life overseas, losing (and gaining) 100 pounds, and the road to loving herself.</p>		<p><u><i>Size Matters</i></u> by Alison Bliss</p> <p>This spicy trade paperback – the first of a trilogy – follows Leah and Sam's romance. What started as a little white lie turns into a full-blown spectacle as they must pretend to be engaged in order to pacify Leah's overbearing mother!</p>