



## Recommended Books

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### 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**

**Femininity, Self-harm and Eating Disorders in Japan: Navigating contradiction in Narrative and Visual Culture**  
**Gitte Marianne Hansen**

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### Body Image/Weight

**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**

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### Colonialism/ Indigeneity

**Massacre of the Dreamers: Essays on Xicanisma**  
**Ana Castillo**

**Black Body: Womenism, Colonialism, and Space**  
**Radhika Mohanram**

**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**