

Body Image

fiction

Massive by Julia Bell (YA BEL)

An eating disorder is a family affair, and for 14-year-old Carmen, it has turned her world upside down. After being forced to leave her father, she becomes an outcast in school and is constantly criticized by her anorexic mother. Carmen begins to see herself as one word-FAT.

Life in the Fat Lane by Cherie Bennett (YA BEN)

Sixteen-year-old Lara, winner of beauty pageants and Homecoming Queen, is distressed and bewildered when she starts gaining weight and becomes a fat girl.

Insatiable by Eve Eliot (YA ELI)

Written in episodic format, this moving story follows four teenage girls whose shame, fear, and confusion compel them to binge, purge, and refuse to eat in misguided attempts to feel safe and in control of their lives.

Perfect by Natasha Friend (YA FRI)

Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own.

Second Star to the Right by Debora Hautzig (YA HAU)

As fourteen-year-old Leslie begins to shed the weight she feels makes her imperfect, she finds it increasingly difficult to reach out for the psychological help she knows she needs.

Myrtle of Willendorf by Susan Juby (YA JUB)

A bright and artistic young woman with a fondness for junk food experiences a kooky modern-day coming of age by way of the Goddess within.

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Skinny by Ibi Kaslik (YA KAS)

After the death of their father, two sisters struggle with various issues, including their family history, personal relationships, and an extreme eating disorder.

The Earth, My Butt, & Other Round Things

by Carolyn Mackler (YA MAC)

Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her.

Dough Boy by Peter Marino (YA MAR)

Overweight, fifteen-year-old Tristan, who lives happily with his divorced mother and her boyfriend Frank, suddenly finds that he must deal with intensified criticism about his weight and other aspects of his life when Frank's popular but troubled, nutrition-obsessed daughter moves in.

Unexpected Development by Marlene Perez (YA PER)

In a series of papers for Honors English, a senior girl relates the difficulties of being blessed with a voluptuous body that began appearing in fifth grade.

Girls Under Pressure by Jaqueline Wilson (YA WIL)

Feeling like she doesn't measure up to her "drop-dead gorgeous" friends, Ellie tries to take control of her weight and ends up battling bulimia.

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