

# Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living



Things No One Will Tell Fat Girls is a manifesto and call to arms for women of all sizes and ages. With smart and sassy eloquence, veteran blogger Jes M. Baker calls on women to be proud of their bodies, fight against fat shaming, and embrace a body-positive worldview to change public perceptions and help women maintain mental health. With the same straightforward tone that catapulted her to national attention when she wrote a public letter addressing the sexist comments of Abercrombie & Fitch's CEO, Jes shares personal experiences along with in-depth research in a way that is approachable, digestible, and empowering. Featuring notable guest authors, Things No One Will Tell Fat Girls is an invitation for all women to reject fat prejudice, learn to love their bodies, and join one of the most progressive and life-changing revolutions in the world.

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