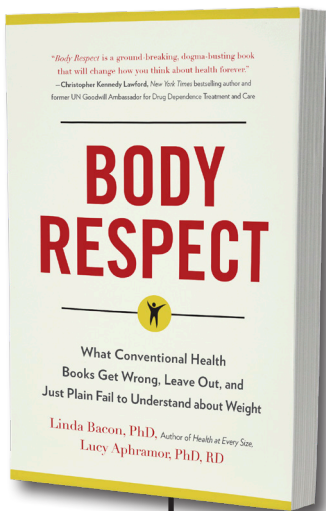


BODY SHAMING IS RAMPANT. BUT IT DOESN'T HAVE TO BE.

Integrating a social justice agenda, *Body Respect* critiques weight science, explains the fallout of a health agenda based on thinness as the goal, and offers an alternative path to compassionate and effective health care. An evidence-based corrective to the epidemic of bad science and body shame.



“A must-read for those who suffer from our culture’s pervasively negative attitudes towards fat... and for those who want to help them.”

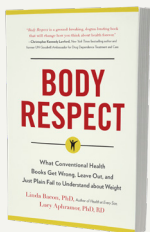
—ANITA JOHNSTON, PhD

Much of what we believe to be true about weight is in fact myth. Suspend your preconceptions, re-examine the evidence, and a very different picture emerges, one where it is the machinery of weight stigma that needs dismantling.

THE MYTHS

1. Fatness leads to decreased longevity.
2. BMI is a valuable and accurate health measure.
3. Fat plays a substantive role in causing disease.
4. Exercise and dietary restriction are effective weight-loss techniques.
5. We have evidence that weight loss improves health.
6. Health is largely determined by health behaviors.
7. Science is value-free.

THE DEBUNKING: BODY RESPECT



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