

BODY RESPECT

Linda Bacon, PhD, and Lucy Aphramor, PhD, RD

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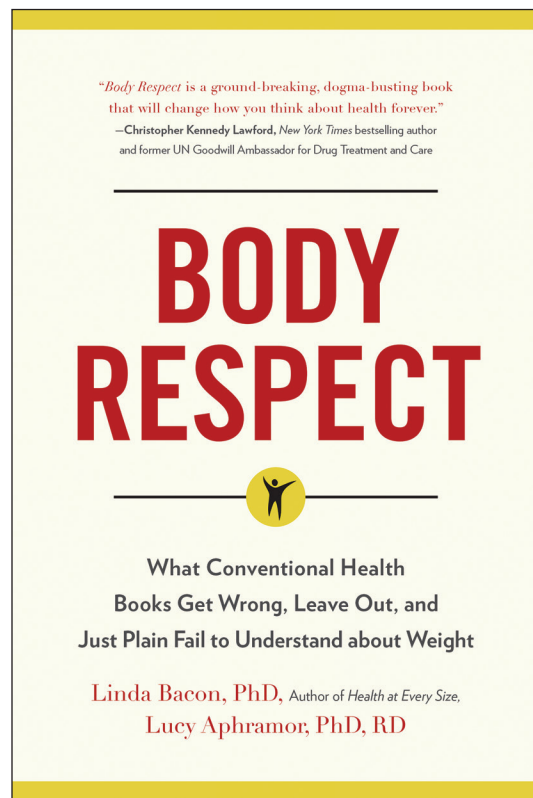
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About BODY RESPECT

At last: the missing chapters on weight, health and diet! *Body Respect: What Conventional Health Books Leave Out, Get Wrong, or Just Plain Fail to Understand about Weight* is the insider's guide not just to nutrition and our bodies, but to all that's misunderstood about them. You may have sensed for a while that conventional health books aren't getting the story right or are ignoring new understandings of metabolism, disease, exercise, and nutrition and the impact of inequality. But finding authoritative texts to better learn, implement, and teach these new understandings has been a challenge—until now.

Bacon & Aphramor cover the latest science on size, weight, and diet in clear, lively language rigorously supported by data. Integrating a social justice agenda, *Body Respect* critiques weight science, explains the fall-out of a health agenda based on thinness as the goal, and offers an alternative path to compassionate and effective health care. Using peer-reviewed evidence, case study scenarios, and an ethical rationale, the authors debunk obesity myths and outline the key processes – in our bodies, the sciences, industry, and society—affecting our diet and health as individuals and as a nation.

Body insecurity is rampant, and it doesn't have to be. It's time to show every body respect. Let's toss out the discredited beliefs and false assumptions that drive our culture's shame and distress about weight. This book will be indispensable reading for everyone seeking a clearer, more hopeful alternative.



PUBLICATION DETAILS

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and through Perseus Distribution**



About the Authors

LINDA BACON, PH.D., is an internationally recognized authority on topics related to nutrition, weight, and health. A nutrition and health professor and researcher, she holds graduate degrees in physiology, psychology, and exercise metabolism, with a specialty in nutrition. She and her work are quoted regularly in national and international publications, with recent appearances in the *New York Times*, London's *Sunday Times*, ABC Nightly News with Diane Sawyer, Good Morning America, and magazines including *Prevention*, *Glamour*, *Cooking Light*, *Newsweek*, *Fitness* magazine, and *National Geographic*. Bacon's first book, *Health at Every Size: The Surprising Truth About Your Weight* was called the "Bible" of the alternative health movement by *Prevention* magazine.

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LUCY APHRAMOR, PH.D., R.D., broke new ground to pioneer the use of a health at every size approach in the U.K. National Health Service. Internationally recognized for her commitment to bringing social justice into the dietetic conversation, she is widely published in professional, academic and lay texts. Her influence extends to coverage in the popular press and her reputation as an outspoken scientist gains her interviews across the board from women's magazines to the broadsheets.

Well-Founded.org.uk  @WellFoundedHAES  @LucyAphramorHAES

Praise for BODY RESPECT

"It is profoundly important to address the shortcomings in health discourse, particularly when misinformation is harming the population. *Body Respect* is a groundbreaking, dogma-busting book that will change how you think about health forever."

—**Christopher Kennedy Lawford**, *New York Times* bestselling author and former UN Goodwill Ambassador for Drug Treatment and Care

"Linda and Lucy have written the rare self-help book that places the personal decisions about how to care for ourselves in the larger context of the world's unequal opportunities, judgment, and bias. *Body Respect* gives us a way to think about our decisions—especially the challenge of valuing ourselves in an indifferent or hostile world—and the concrete steps to feeling better in our bodies right now."

—**Deb Burgard, PhD**, psychologist, eating disorders specialist, and HAES pioneer

"In a world where positive, uplifting and scientifically grounded messages about weight are sorely lacking—Linda Bacon and Lucy Aphramor have given us a bright light of hope. *Body Respect* is a must-read book for anyone interested in the complex and timely topic of weight."

—**Marc David, M.A.**, author and founder of the Institute for the Psychology of Eating

"Drs. Bacon and Aphramor have created a smart, engaging and compassionate guide that exposes why the 'eat less, exercise more' weight loss mantra fails so miserably, and how to achieve true health and wellness. *Body Respect* is transformative for the individual reader, as well as a wakeup call for the real public health crisis America faces: illness and suffering brought on by chronic stress associated with poverty, social inequality, oppression, and stigma."

—**Katja Rowell M.D.**, author of *Love Me, Feed Me* and childhood feeding specialist, thefeedingdoctor.com

"This book is a must-read for those who struggle and who suffer from our culture's pervasively negative attitude towards fat ... and for those who want to help them."

—**Anita Johnston, Ph.D.**, author of *Eating in the Light of the Moon*

"With *Body Respect* Linda Bacon and Lucy Aphramor build on their impressive contributions to Health At Every Size. Whether you're a seasoned activist or new to the scene, this book will prove an invaluable addition to the literature debunking fatphobic health discourse. *Body Respect* is an essential tool for those seeking wellbeing without stigma."

—**Charlotte Cooper, PhD**, psychotherapist