

Praise for *Radical Belonging*

“This book is a wholly necessary contribution to our world. An expansive guide to the impacts of living in an oppressive world, this book offers an antidote to mainstream ‘bootstrap’ self-help culture and illuminates real solutions for how we can thrive while pushing to create a world where social justice is present for everyone.”

—**MATT MCGORRY, activist and actor on *Orange Is the New Black***

“What Bacon offers in *Radical Belonging* is paramount: an opportunity for readers to reimagine healing, relationships, and connection, and to refocus our activism on community care.”

—**MELISSA A. FABELLO, PHD, author and former managing editor of *Everyday Feminism***

“This book is an absolute must-read for anyone interested in making the world a better place. Lindo Bacon blends thoughtful analysis, poignant storytelling, important scientific evidence, and a trauma- and social-justice-informed perspective to help people understand and cope with the all-too-common experiences of discrimination and disconnection. *Radical Belonging* offers hope that we all are capable of transforming our pain into healing and growth—not through narrowly individualistic approaches that would have us ‘pull ourselves up by our bootstraps,’ but through the much more effective avenues of compassion and community.”

—**CHRISTY HARRISON, MPH, RD, dietitian and author of *Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating***

“I read *Radical Belonging* through tears. Tears of solidarity from the vulnerable personal stories which give a voice to anyone who has ached to belong. Tears of sadness from seeing our hostile culture laid out in such painfully plain terms. Tears of happiness at feeling deeply ‘seen’ in a way that is rare. And tears of gratitude for being able to read a book that couldn’t feel more appropriate or needed than it is right now. Thank you Lindo Bacon, for boldly gracing our world with this collection of perfect words during this imperfect time.”

—**JES BAKER, activist and author of several books, including *Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living***

“Dr. Lindo Bacon has written the book I didn’t know I so desperately needed. *Radical Belonging* seamlessly weaves together what we know about physical health, mental health, and social health, all through the lens of a candid, vulnerable, wrenching memoir. Dr. Bacon’s work shows that health isn’t just a matter of ‘calories in, calories out,’ bloodwork, or after-visit summaries—it’s also fundamentally shaped by how we are rejected or embraced by the world around us. Thank you, Dr. Bacon, for such an important and hopeful book. It is beautiful, timely and essential reading for all of us.”

—**YOUR FAT FRIEND (@yrfatfriend on social media), anonymous essayist**

“Powerful, beautiful, tragic, poignant, maddening, heart-breaking, educational! If you have had any connection whatsoever with trauma in your life (spoiler alert: if you are human, you have) you simply must experience this book!”

—**JON ROBISON, PHD, author of *The Spirit and Science of Holistic Health* and *How to Build a Thriving Culture at Work***

“Lindo Bacon’s new book, *Radical Belonging*, is both informative and comforting. Remember the best things about Mr. Rogers’ kid’s show? He was reassuring you that you are good, just as you are. Here’s the adult-sized version—and then some. It’s a powerful message, and Dr. Bacon backs it up with clear, easy to follow stories and examples about how we all navigate privilege, oppression, and hierarchy, and often times, take on stress we have no business carrying. This book is an easy read in the best possible ways, and full of diverse examples tracking many marginalized identities. Readers will also find some real talk on why self-love alone won’t save us and why we need to weave stronger community support for one another. That’s the key here—interconnectedness. And Lindo Bacon is actually discussing how that might work—rather than just telling us it’s a good idea.”

—**KIMBERLY DARK, professor and author of several books, including *Fat, Pretty, and Soon to Be Old: A Makeover for Self and Society***

Praise for *Radical Belonging*

“What does it take to truly feel a sense of belonging? As a storyteller, researcher, and social justice advocate, Lindo weaves together a compelling and compassionate guide that will forever change the way you see yourself and others. The world needs Lindo’s roadmap to promoting connection and liberation with awareness to make this world more inviting and inclusive for every body.”

—JUDITH MATZ, psychotherapist and author of several books, including *The Diet Survivor’s Handbook*

“A book that is as brave as it is necessary, giving us the insights gained through Lindo’s experiences as a brilliant academic, a powerful activist committed to leveraging privilege to create social justice for others, and a person experiencing gender-based oppression. *Radical Belonging* dismantles the victim-blaming myths that can keep us isolated and stop us from connecting with other marginalized people. Instead, we get a road map to use intersectional experience to create community in which we truly belong.”

—RAGEN CHASTAIN, fat activist, athlete, and author of *Fat: The Owner’s Manual: Navigating a Thin-Obsessed World With Your Health, Happiness, and High Self-Esteem*

“Lindo Bacon delivers an intimate portrait of their own experience of being in a body that has been rendered socially unrecognizable. They remind us that we’ve all been placed in the same state of dis-embodiment. The evidence of our dissociation from one another, and our own selves is damning. Bacon reminds us that in order to move toward a more just world, we must first reconnect with the very parts of ourselves that we have wanted to excise. It is a challenge that we must accept in the interest of collective healing.”

—SABRINA STRINGS, PHD, associate professor of sociology at the University of California, Irvine, and author of *Fearing the Black Body: The Racial Origins of Fat Phobia*

“From start to finish, Lindo Bacon made me feel at peace with *Radical Belonging*. A work that successfully validates our diverse lived experiences and reveals the true problems are located within our oppressive culture, not our bodies. Let this book be a meaningful homecoming for one and all.”

—REBECCA SCRITCHFIELD, RDN, EP-C, author of *Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again*

“Lindo Bacon’s refreshing honesty, compassion, and vulnerability in sharing their personal story make *Radical Belonging* an accessible read for those who are on their own healing journey as well as for professionals. I am especially enthusiastic about this book’s potential to radically transform the way people connect with one another, something I believe is absolutely necessary for the survival of the planet. Chapter after chapter, I could feel my hope for the fate of the human race expand. I will be recommending *Radical Belonging* to every single person I know.”

—Connie Sobczak, author of *Embody: Learning to Love Your Unique Body (and quiet that critical voice!)* and cofounder of The Body Positive

“*Radical Belonging* is a lifeline out of the excruciating pain of personal and societal separation. Lindo Bacon’s heartfelt book identifies the necessity of belonging, the personal and cultural cost of separation, and a guide to building belonging within ourselves and our communities. I have been waiting my whole life for this book.”

—STEPHANIE ZONE, PSYD, professor and psychologist