

There's a book for EveryBODY




WASHINGTON COUNTY
FREE LIBRARY
Where People & Possibilities Meet

Written by **SAMMY BALDWIN**

I'm going to level with you, these past couple of months have been rough. You see my headshot and might think I am a young, healthy woman, but I am not always in the best health, especially recently.

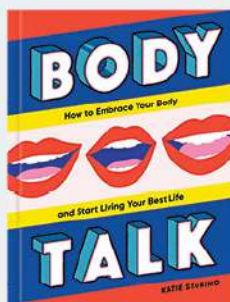
When I am less than healthy, it is easy for me to harbor negative thoughts about my body.

When we think of body acceptance, we often associate it with accepting bodies of all shapes and sizes, but it is much broader than that.

Here are some books that cover the full spectrum of body acceptance for all who need it.

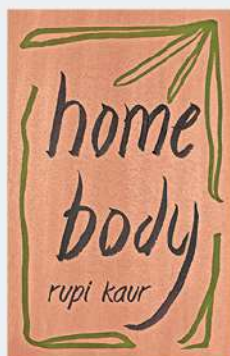
The Body is Not an Apology by Sonya Renee Taylor

I could probably write an entire column about this book. Prior to reading it, it never occurred to me that disabled or sick bodies like mine are so commonly left out of body-acceptance movements. Sayings like, "Yeah, I'm fat, but I'm still healthy," draw a stark binary between which kinds of bodies are accepted and which aren't. Taylor gives readers the tools and confidence to stop apologizing for our bodies by breaking down prejudices toward all bodies. And if the book isn't enough, she has a workbook available, too.



Body Talk by Katie Sturino

This book is a quick read. Sturino is a social-media influencer, which shows in this visually pleasing, pop-art-style book. Since she comes from a blogging background, her content is fresh, funny and easy to understand. I don't expect this book to be life-changing for anyone, but if you need a little pick-me-up, "Body Talk" will provide it.



Home Body by Rupi Kaur

Sometimes, the best medicine is knowing you're not alone. I recommend reading Kaur's poetry. "Home Body" is a great collection of poems that focuses on mental health and acceptance. They might not be directly related to body acceptance, but I believe the themes can overlap. I would like to leave you with this excerpt from one of her poems:

*"What a relief
to discover that
the aches I thought
were mine alone
are also felt by
so many others."*



Sammy Baldwin,
reference librarian
Washington County
Free Library