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"Eu queria que alguém tivesse me contado, há uns vinte e oito anos, que não havia nada de errado em ser gorda, e que, na verdade, era bem irado ser gorda. Eu gostaria que vivêssemos em uma cultura onde as pessoas de todos tamanhos fossem tratadas com toda a dignidade e humanidade que cada um de nós merece."

Em linguagem concisa e franca, Meu corpo, minhas medidas discorre sobre a gordofobia, desmantelando noções sexistas de moda, e ensinando como rejeitar a maior mentira da cultura da dieta: que as pessoas gordas precisam emagrecer para começar a melhor parte da sua vida!

Comece já a melhor parte da sua vida!

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