

Get Real: Body Image Book List

Squashed
Joan Bauer

Life in the Fat Lane
Cherie Bennett

Echo
Francesca Lia Block

Deenie
Judy Blume

Sisterhood of the Traveling Pants
Ann Brashares

Kissing the Rain
Kevin Brooks

Staying Fat for Sarah rnes
Chris Crutcher

*What's Real, What's Ideal: Overcoming a Negative
Body Image*
Brangien Davis

Keeping the Moon
Sarah Dessen

I Am an Artichoke
Lucy Frank

Fat Kid Rules the World
K. L. Going

In Your Face: The Culture of Beauty and You
Shari Graydon

Perfect: Young Women Talk about Body Image
Helen Hines

Mates, Dates, and Cosmic Kisses
Cathy Hopkins

When Zachary Beaver Came to Town
Kimberly Willis Holt

Parallel Universe of Liars
Kathleen Jeffrie Johnson

Confessions of a Not It Girl
Melissa Kantor

No Body's Perfect
Kimberly Kirberger

Slot Machine and Extreme Elvin
Chris Lynch

The Earth, My Butt and Other Big Round Things
Carolyn Mackler

*Fat Talk: What Girls and Their Parents Say About
Dieting*
Mimi Nichter

Myrtle of Willendorf
Rebecca O'Connell

*Deal With It!: A Whole New Approach To Your Body,
Brain, and Life as a Gurl*
R. Odes & E. Drill

Unexpected Development
Marlene Perez

I Was a Non-Blonde Cheerleader
Kieran Scott

What My Mother Doesn't Know
Sonya Sones

More than You Can Chew
Marnelle Tokio

My Cup Runneth Over
Cherry Whytock

Girls Under Pressure
Jacqueline Wilson