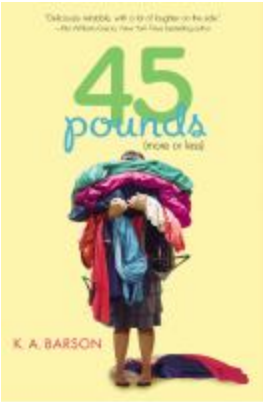


Body Image



45 Pounds (More or Less) by K.A. Barson

When Ann decides that she is going to lose 45 pounds in time for her aunt's wedding, she discovers that what she looks like is not all that matters.

Y FICTION Barson

Recommended for Grades 8-10

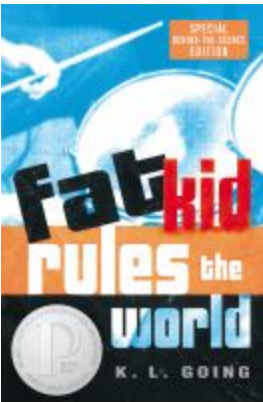


Butter by Erin Jade Lange

Unable to control his binge eating, a morbidly obese teenager nicknamed Butter decides to make a live webcast of his last meal as he attempts to eat himself to death.

Y FICTION LANGE

Recommended for Grades 9+

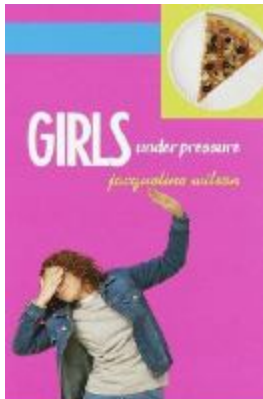


Fat Kid Rules the World by K.L. Going

Seventeen-year-old Troy, depressed, suicidal, and weighing nearly 300 pounds, gets a new perspective on life when a homeless teenager who is a genius on guitar wants Troy to be the drummer in his rock band.

Y FICTION Going

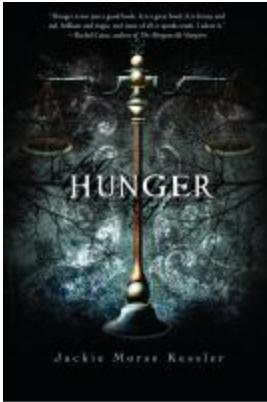
Recommended for Grades 8+



Girls Under Pressure by Jacqueline Wilson

Ellie thinks she looks awful. Horrible. FAT. Her best friends are both drop-dead gorgeous and Ellie's sick of being the ugly duckling. So she goes on a diet. And she even starts to exercise, much to her friends' and her gym teacher's amazement. Ellie's hungry all the time, she works out every spare second, and she's turned into a grouchy meanie. But if her friends don't want to deal with the new and improved Ellie, that's their problem. It's better to be thin than happy. Isn't it?

Y FICTION Wilson
Recommended for Grades 7-10



Hunger by Jackie Morse Kessler

Seventeen-year-old Lisabeth has anorexia, and even turning into Famine--one of the Four Horsemen of the Apocalypse--cannot keep her from feeling fat and worthless.

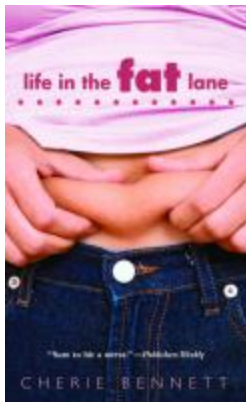
Y FICTION Kessler
Recommended for Grades 8+



Keeping the Moon by Sarah Dessen

Fifteen-year-old Colie, a former fat girl, spends the summer working as a waitress in a beachside restaurant, staying with her overweight and eccentric Aunt Mira, and trying to explore her sense of self.

Y FICTION Dessen
Recommended for Grades 7+



Life in the Fat Lane by Cherie Bennett

Sixteen-year-old Lara, winner of beauty pageants and Homecoming Queen, is distressed and bewildered when she starts gaining weight and becomes a fat girl.

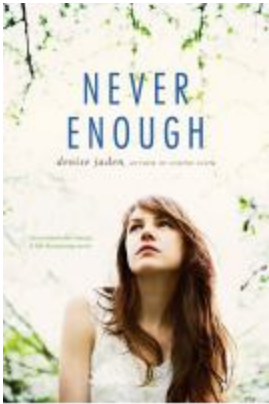
Available at other Minuteman Libraries
Recommended for Grades 7+



Love Sick by Jake Coburn

After an accident seems to end his college and athletic dreams, Ted is offered a second chance at school if he agrees to spy on a classmate and help her father monitor her bulimia.

Y FICTION Coburn
Recommended for Grades 10+



Never Enough by Denise Jaden

Sixteen-year-old Loann admires and envies her older sister Claire's strength, popularity, and beauty, but as Loann begins to open up to new possibilities in herself, she discovers that Claire's all-consuming quest for perfection comes at a dangerous price.

Y FICTION Jaden

Recommended for Grades 9+



Perfect by Natasha Friend

Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own.

Y FICTION Friend

Recommended for Grades 6-9



Purge by Sarah Darer Littman

When her parents check sixteen-year-old Janie into Golden Slopes to help her recover from her bulimia, she discovers that she must talk about things she has admitted to no one--not even herself.

Y FICTION Littman

Recommended for Grades 8+



Skinny by Donna Cooner

After undergoing gastric-bypass surgery, a self-loathing, obese teenaged girl loses weight and makes the brave decision to start participating in high school life, including pursuing her dream of becoming a singer and finding love.

Y FICTION Cooner

Recommended for Grades 7-10



Sweethearts by Sara Zarr

After losing her soul mate, Cameron, when they were nine, Jennifer, now seventeen, transformed herself from the unpopular fat girl into the beautiful and popular Jenna, but Cameron's unexpected return dredges up memories that cause both social and emotional turmoil.

Y FICTION Zarr

Recommended for Grades 7+



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

Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her.

Y FICTION Mackler

Recommended for Grades 7-10



Wintergirls by Laurie Halse Anderson

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Y FICTION Anderson

Recommended for Grades 8+