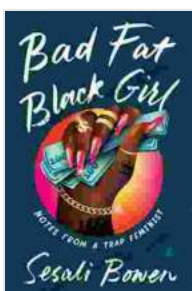


Bad Fat Black Girl: Unraveling the Triple Bind of Race, Gender, and Body Size

Book Review

Bad Fat Black Girl: Unraveling the Triple Bind of Race, Gender, and Body Size by Kimberly Seals Allers is a powerful and moving memoir that explores the complex experiences of Black women who are overweight or obese. Allers writes with candor and vulnerability about her own struggles with body image and weight, and she draws on her experiences as a journalist and activist to provide a nuanced and insightful analysis of the systemic racism, sexism, and fatphobia that Black women face.

Allers argues that Black women are subject to a "triple bind": they are expected to be thin, beautiful, and sexually appealing, but they are also stigmatized for being overweight or obese. This triple bind has a profound impact on Black women's health, both physical and mental. Obese Black women are more likely to experience chronic diseases such as heart disease, stroke, and diabetes, and they are also more likely to suffer from depression and anxiety.



Bad Fat Black Girl: Notes from a Trap Feminist

by Sesali Bowen

★★★★☆ 4.7 out of 5

Language : English
File size : 2934 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 272 pages



Allers does not shy away from the challenges that obese Black women face, but she also offers hope and inspiration. She argues that Black women can overcome the triple bind by challenging the dominant beauty standards and by embracing their own bodies. She also calls on allies to work to create a more just and equitable society for all Black women.

Bad Fat Black Girl is a must-read for anyone who wants to understand the experiences of Black women who are overweight or obese. It is a powerful and moving memoir that will change the way you think about race, gender, and body size.

About the Author

Kimberly Seals Allers is an award-winning journalist, author, and activist. She is the founder and editor-in-chief of The Representation Project, a nonprofit organization that works to increase the representation of women and girls of color in the media. Allers is also a regular contributor to The Washington Post, The Guardian, and CNN. She lives in Brooklyn, New York.

Additional Resources

- The Representation Project
- I'm a 'bad fat black girl' — and I'm proud
- The triple bind for black women, and why fatphobia hurts us all

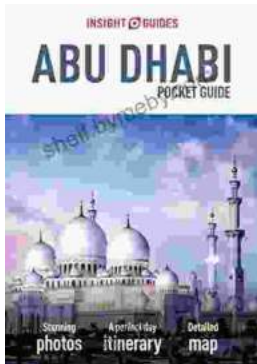


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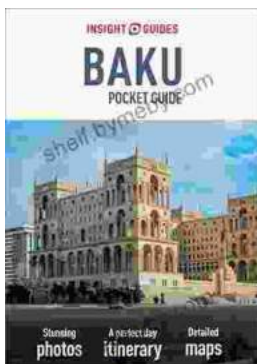
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