



# Hot & Heavy: Fierce Fat Girls on Life, Love & Fashion

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## Hot & Heavy: Fierce Fat Girls on Life, Love & Fashion

In this fun, fresh, fat-positive anthology, fat activist and sex educator Virgie Tovar brings together voices from an often-marginalized community to talk about and celebrate their lives. *Hot & Heavy* rejects the idea that being thin is best, instead embracing the many fabulous aspects of being fat—building fat-positive spaces, putting together fat-friendly wardrobes, turning society’s rules into personal politics, and creating supportive, inclusive communities. Writers, activists, performers, and poets—including April Flores, Alysia Angel, Charlotte Cooper, Jessica Judd, Emily Anderson, Genne Murphy, and Tigress Osborn—cover everything from fat go-go dancing to queer dating to urban gardening in their essays, exploring their experiences with the word “fat,” pinpointing particular moments that have impacted the way they think and feel about their bodies, and telling the story of how they each became fat revolutionaries.

Ground-breaking and long overdue, *Hot & Heavy* is a fierce, sassy, thoughtful, authentic, and joyous collection of stories about unapologetically—and unconditionally—loving the body you’re in.

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