

"I love being fat; I love fat people. I loved these powerful stories, poems, and lessons!
Thank you, fat people! I love you!" —MATTY MATHESON, *New York Times* bestselling author

The (Other) F Word

**A CELEBRATION
OF THE
FAT
&
FIERCE**

Edited by **ANGIE MANFREDI**



Library of Congress Cataloging-in-Publication Data
Names: Manfredi, Angie, editor.
Title: The (other) F word : a celebration of the fat & fierce /
edited by Angie Manfredi.
Description: New York: Amulet Books, 2019.
Identifiers: LCCN 2019011713 | ISBN 9781419737503 (hardback)
Subjects: LCSH: Body image. | Self-confidence.
Classification: LCC BF697.5.B63 O84 2019 | DDC 306.4/613—dc23

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Book design by Hana Anouk Nakamura

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Printed and bound in U.S.A.
10 9 8 7 6 5 4 3 2 1

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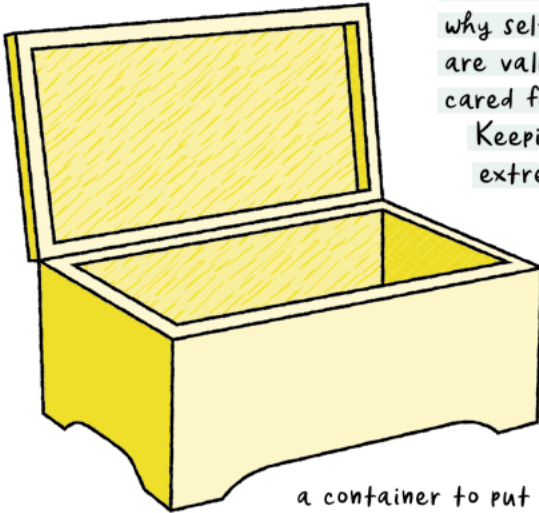


Make your Own self-Care Kit

By Rachelle Abellar

Existing as a fat person in this world is not easy, and the journey to fat acceptance and liberation can be a tough one to navigate. This is why self-care is vital to our survival. All bodies are valuable and deserve to be prioritized and cared for.

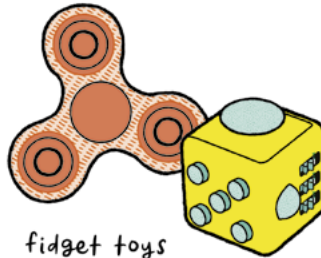
Keeping a self-care kit at the ready can prove extremely useful in times of need. Having many tools in one place makes it easier to deal with your feelings in a safe and healthy way instead of reverting to negative or self-destructive behaviors. What you fill your kit with is up to you, but here are some ideas to get you started!



a container to put everything in



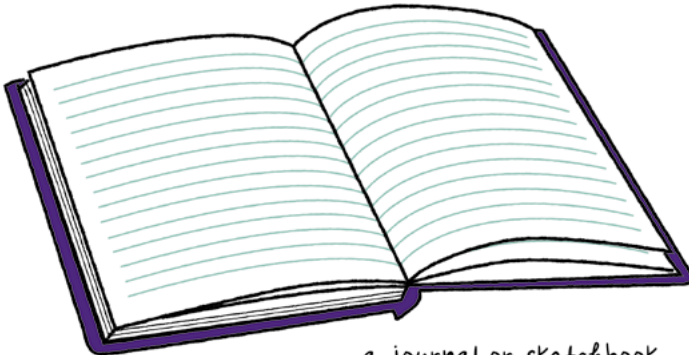
letters & notes



fidget toys



your favorite snack



a journal or sketchbook



art supplies



feel-good mixtapes



lotion



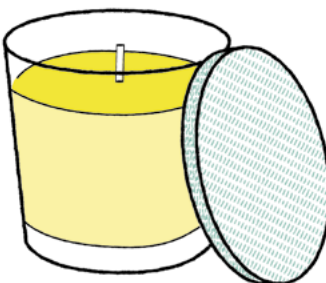
face masks



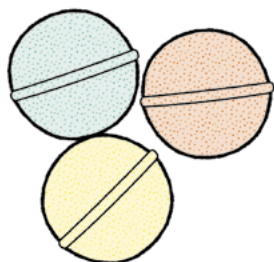
your favorite book



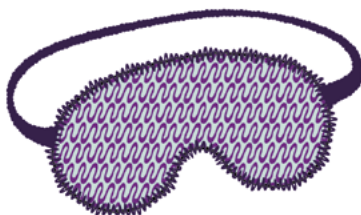
headphones



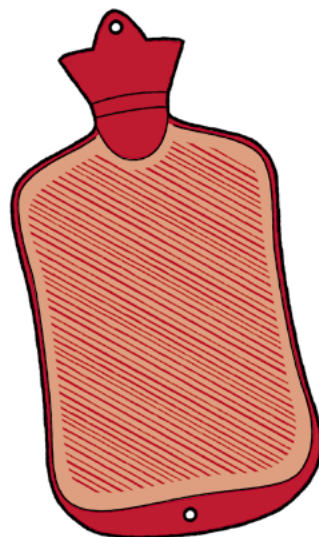
a candle



bath bombs



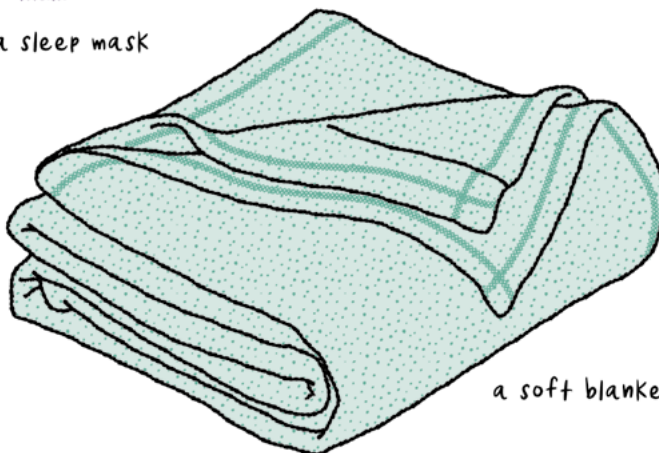
a sleep mask



a hot water bottle



caffeine-free tea



a soft blanket

Growing up, I filled my
life with comic books,
music, art, and movies
that made me feel good
about my body shape.

I'm grateful that those
creators embraced a
beauty that wasn't popular.
It shaped my self-confidence.

