

Sophie: Today's show was made possible by a lot of people, our amazing producer, Maria Wurttele, both of our mothers, our interns, and as always, Solange Knowles. But you know who else we would be proud to partner up with as a sponsor of an episode? You.

April: If you own a business and you'd like to work with us, or you work for a brand that you think could be a good fit, contact us at fyi@shesallfatpod.com. There's been, I would say, a big increase in the amount of fat book narratives I've seen, whether-

Sophie: Like an influx? Fat influx?

April: A fat flux. #Fatflux. Maria, is that the name of the episode?

Sophie: #Fatflux [crosstalk 00:00:38] It sounds like an illness.

April: Yeah, it does. Like, "If you have fat flux ..."

Sophie: That's what I have.

Sophie: (Singing)

Sophie: I'm Sophie.

April: I'm April, and this is She's All Fat.

Sophie: The podcast for body positivity, radical self-love, and chill vibes only. This week, we'll discuss children's programming, #lweigh, and our favorite fat books of 2018. April?

April: Yes.

Sophie: How are you today?

April: She's surviving.

Sophie: Yeah?

April: Yeah, surviving.

Sophie: And me, as well. What are you obsessed with this week?

April: Okay. This week, a couple things. First, a pop/R&B recommendation. Okay, so I've talked about this artist before. Her name is H.E.R. We don't know her real name, mind your business. She's anonymous. I love H.E.R. so she had a new mini album/mixtape coming out this weekend, which I did not hear about. But I saw

a recommendation on YouTube that she performed on Jimmy Fallon, and I was like, "Okay. I love a live performance, I'm going to click."

April: It was beautiful. It was just like this song about how her boyfriend should feel lucky to be her boyfriend because she's amazing, and I'm like-

Sophie: Awesome.

April: "Go off, girl."

Sophie: Love it.

April: She has a beautiful voice, voice of an angel. She's like our generation's Whitney Houston, literally. She's so beautiful. So, I would check out H.E.R. and check out her new mixtape. She's an icon.

April: (Singing)

April: Next thing I'm obsessed with. This is something I tweeted over the summer, when we were on break. Barbie Dreamhouse Adventures, and I'm dead ass serious.

Sophie: Okay. Honestly, though, last night, Emma and Lindsey, and I watched two of the drama episode length things of Monster High that are on Netflix. Barbie Dreamhouse was recommended, and honestly, Monster High was kind of iconic.

April: It's funny. I've seen Monster High too.

Sophie: So we're both on our kid's show shit.

April: I love children's programming. I'm so sorry, because usually what it is, is they have to make it a little bit like nuanced because they know the parents are watching. And so, it's interesting to see what messages the kids are getting, how they're getting them-

Sophie: And it's funny to see the moments when you can tell adults wrote it-

April: Yes, exactly.

Sophie: ... when they try to put in their little jokes.

April: Yeah. And then it's for me, and I see it. Sometimes I don't like that, but sometimes I really like that. It depends on the writer. Depends on what's going on.

April: I love Barbie Dreamhouse Adventures because Barbie's been going through this rebrand for the past five or six years. It started on Instagram, and then like bled

to her YouTube page, where she's just like, now she's a feminist icon. Now she has a very diverse group of friends, and she's teaching girls the importance of therapy, and self-care, and learning to respect yourself and the people around you. She's just like an incredible person to look up to-

Sophie: I've seen of couple of clips that are on Twitter and it's always captioned like her mind, or like Barbie did that.

April: Barbie is the future. Barbie for President, and I'm not kidding, everybody. My sister and I binge-watched season one over the summer in two days. And we're really into it. I mean, there's an episode where she competes on American Ninja Warrior but for baking, and the game is rigged against her but she still finds a way to succeed by believing in herself and relying on her family. She's so incredible.

April: So, season two just started. So far there's an episode that takes place from the perspective of her four puppies and it's incredible. They have different voices, and one of them is black.

Sophie: Wow.

April: I really like that. Then, finally, this week I'm obsessed with the book, Good and Mad, by Rebecca Traister. I really like Rebecca Traister.

April: So, we love our friends over at CYG, and they did this amazing interview with Rebecca Traister about this book. It's a book about women's anger, and how women's anger has fueled political movements for centuries. But we don't learn about it in school, from that lens. We learn about it as just like Rosa Parks decided it was time to sit, and not like ... She was furious about a bunch of different things, and so they organized-

Sophie: And she was an organized person, and it was quite an organized movement. It's still not taught like that.

April: No, exactly. It does nothing to serve the children by not teaching it like that.

Sophie: Wait. I feel like the way it was taught to me was like, "She was just a nice housekeeper, taking care of white families. And then one day, she was too tired from her honest work." Whatever.

April: Honest, good American work. And I know that they specifically selected her so that would be the story because that's easy to digest, but it's not the truth. It's interesting to hear, not only that story but all these other political movements. And it's like when you really get down to it, it was just like one lady was really pissed and she started screaming and then like shit happened.

April: And, I also liked the book because she, from the beginning, from the intro, talks about how she's going to explore, in this current political time, not only women's anger fueling politics, but also like black women and white women being angry at each other and how that anger is being used to motivate people and also to not motivate people and alienate people in this really important intersectionality piece about how these different things affect different people because of their different identities.

April: I appreciate that. I think she's a great writer, and it's been therapeutic to read so far. I'm half way through. It just feels good. It's just like this is what it looks like, this is what rage looks like. A lot of women have experienced it and usually it helps to get things done even though men are like, "Stop screaming." So, I love it. I would check out that book and we will link to it in the show notes. Finally, I'm obsessed with the gall of some of you out there, soulless.

Sophie: April literally begged me for the chance to go off on this.

April: Okay, so for some context, a couple of episodes back, Sophie talked about boundaries and how a lot of people, I think, have taken Sophie's kindness and openness on the podcast for granted and have used that as an excuse to ask her a lot of really inappropriate probing questions that like, again, I do not get at all. I only get them on our shared accounts, so I just think that's really interesting, but don't try it.

April: A lot of you have responded really positively to when Sophie talked about it, and were supportive and understanding which is all that we can ask for you. Thank you for that. Some people, however, have heard that episode, digested it and then decided to like knowingly bypass it.

Sophie: That's not the first one I've gotten like that.

April: And it's not the first one, and all I'm saying is listen. We love you all. We do this pod for us and also for you. That needs to be the last message Sophie gets. I'm done. Honestly, I'm done. I so appreciate our listeners and I'm so happy you're here, and you've been growing with us for three seasons and that's amazing. It's not all of you. It's just like 10 of you who don't know how to act and you got to reel it in.

April: You decide how you use your time, where your emotional labor goes. And you're allowed to say no and I'll encourage you to say no more often, like, "No." Here's what it sounds like, "No. Absolutely not. No." We have a folder in our inbox that just absolutely not/no because some of you are tripping, and I'm never responding. Some of you, I'm so happy you're here and you totally get the podcast and you're so supportive, and that's like 98% of you. But the 2%, you all need to shut the fuck up. This is wild.

April: So, anyway, my final obsession is just people who really continue to try it. I would advise you to no longer try that.

Sophie: I appreciate you for saying that.

April: You're so welcome. So, what are you obsessed with?

Sophie: I'm obsessed with you.

April: Thank you.

Sophie: For being so smart and strong.

April: Thank you so much.

Sophie: And able to just get shit done. Okay, I finished this book. My friend Kelly and I, both got this book to read. It's called Akata Witch and it's by Nnedi Okorafor. And that person, she's like a professor, has a PhD and is clearly very smart, intelligent and educated.

Sophie: Someway books are written by people who are trying to make a point, and that's very clear in it. And then sometimes you read a book and it's like this person is able to sprinkle in all this information in here and sprinkle in all this nuance and references to other things. And it's so well done that I'm admiring it as like craft and it's that kind.

April: That's dope.

Sophie: It's really good. Her Twitter bio is The Naij American, N-A-I-J American, PhD holding, world fantasy, Hugo and Nebula Award-winning rudimentary cyborg author of sci-fi, African futurism, Black Panther, and mystical realism.

April: This is intense.

Sophie: She's so cool.

April: There's a lot going on.

Sophie: She's written a lot of stuff. Another novel that she wrote, Who Fears Death, was optioned by HBO. Yeah, but it's just really cool. So it's this YA book called, Akata Witch, and it's about a girl in Africa who is African and American. She was raised here part of the time and then her family goes back. She's albino and then she finds out that she has magical powers, and there's a whole magical world and stuff that she gets pulled into.

Sophie: I believe it's set in Western Africa. It was really good just like as a book itself. But I talked to you about this a little bit, I just really enjoyed reading it and being like

okay cool. This is really well written, and some of the story patterns in here and some of the ways these conversations are happening are so very clearly not your Western European. Anytime any white guy tries to break the rules of storytelling, it's just always bad. You know what I mean?

April: Yes.

Sophie: Whereas like hero's journey type stuff, it's just one way of something feeling familiar. It's really cool when you realize that the things that feel satisfying in a narrative are just satisfying because you've seen so many stories like that. But there's other kinds of story patterns, and there's other kinds of ways for heroes to be shown, and other kind cultural values that get shown in stories. This one is really interesting because it both follows a more traditional Western Canon style, buildings Roman, a young person finds out they have powers, and then figures out how to fight something big.

Sophie: But, there's also clear combinations of other cultural shit that I just have no idea about, and that's really fun. Most YA fantasy novels are referencing either European history, or they're referencing the Bible. This one is not. It's referencing other shit that I have no idea about, and so, afterwards I pulled out my little book about African history. I pulled out my African short stories books. That's why I majored in comparative literature. That's my favorite thing.

Sophie: But yeah, I just love YA fantasy, and I also love skillful writing. That is something I could never do because it necessarily comes from an identity vantage point I don't have. Does that make sense?

April: Yeah, and that's very cool.

Sophie: Yeah.

April: A lot of people are scared of exploring because it's so literally foreign to them that they're kind of scared, or at least not interested in exploring something so different. So that's cool that you're ready to jump in.

Sophie: Also, she writes some of the comic books for Shuri.

April: Oh my goodness.

Sophie: Yeah, isn't that cool?

April: That's very cool.

Sophie: Isn't that cool?

April: I want a Shuri spin off.

Sophie: I know. That's my main thing. I started doing Pilates, which I really like. My goals is to be a hot Pilates mom.

April: Lauren Conrad by 2020.

Sophie: I'm enjoying it a lot. I don't get too sweaty doing it, but I feel really worked out. The whole thing of Pilates is lengthening your muscles and it feels really, really good on my muscles.

April: I'm glad. On my goodness and tune into our exercise episode, which we'll talk about a little bit later, for more discussion of muscles and stretching.

Sophie: And finally, one that I got in the outline before you but we're going to both talk about it. April started watching Manifest that she talked about last week, and then I started watching Manifest.

April: And now you're fully caught up?

Sophie: And now I'm fully caught up.

April: You referenced this week's episode.

Sophie: It's very bad.

April: It's a great show.

Sophie: It's very bad.

April: Okay, so spoiler alert. If you have not watched the new hit drama from NBC called Manifest, you can skip ahead or listen and then also watch it on Hulu because it's a phenomenal show. Okay, so if you remember, I talked about the premises. These people get on a plane, their flight lands, and they find out that they've been gone for five and a half years.

Sophie: Oh, my God.

April: They haven't aged at all, but they've missed five and a half years of life. So, literally, my sister and I started watching the show ironically, as I said earlier.

Sophie: That's incredible.

April: But we really got sucked in especially this week because the characters are so vivid. You cannot take that lead the Leo love story. Are you even okay after that?

Sophie: No, it's really good, but also this main girl is not a good actor.

April: She's not great, but she's not my favorite character. Her brother is my favorite character.

Sophie: Yeah, yeah, he's good.

April: He's great.

Sophie: He's really good.

April: I love the diverse cast. I'm hooked on these stories.

Sophie: Very diverse cast, yeah.

April: I care about them. I honestly care about them. I want to know what happened. My working theory is that they went to heaven. They became angels or junior angels or agents of angels, and they came back to act out God's will.

Sophie: Yeah. I think they're all supposed to save each other somehow.

April: Somehow.

Sophie: There's something they're supposed to be saving each other from.

April: So, I'm excited. I love Manifest. I can't believe I'm watching a network television show ...

Sophie: I know.

April: But here we are.

Sophie: Yeah.

April: Jeez.

Sophie: You know, we got to do what we got to do.

April: To survive, you know what I mean?

Sophie: Yeah.

April: Where did the plane go?

Sophie: Where did they go?

April: Where were they?

Sophie: They jumped through time. Did they tesser? Anyways, those are our obsessions for the week. Let's move on to our Apple podcast review shout outs. You all know the drill. Leave us a review on Apple podcast or whatever other app, but also Apple Podcast, and we'll read your name or your user name here on the show. You could troll us by putting a weird username. No one's done that so far, but you can.

Sophie: Okay. Thank you so much to, Brierock8121666, Kaymadden21, Megan Daily, Noel Philly, Darker_lin, financiallysavvylibrarian-

April: Iconic

Sophie: And SJinthecity. Thank you all so much for your reviews. We need them to prove to people why they should invest their money in us. Thank you.

April: Absolutely. Now we're moving on to our Patreon shout outs. These are people who have Patreons at Patreon.com.

Sophie: Who have actually invested their money in us.

April: Actually, and we thank you so much. They have become Patreons at [Patreon.com/shesallfatpod](https://www.patreon.com/shesallfatpod). Some of their names are Sara Sands, Shelly Mann, Audrey Martin, Alison Little, Alison Pasquariello, Irene Vasquez. Thank you all so much for supporting us. We love you. We appreciate you. You're the best, and finally, let's move on to ... We have a couple of corrections this episode.

Sophie: First of all, I just want to say that a couple of people let me know that I said ... Okay, I re-listened, by the way, and I said, "It's something like 23."

April: Do you want to provide some context for our listeners, please?

Sophie: Yeah. Okay, so when we were talking about not being ready to be parents, I was like, "They average age of giving birth is something like 23," and then 50 people we like, "It's 26." I was like, "Well, that is something like 23," to be fair.

April: I can't believe you went back and listened.

Sophie: Well, I was like, did I say it? Because I didn't think I said, "It's definitely 23," because I didn't actually know. I just knew that it was younger than I am now, which is 800. But, yeah. I guess the actually average age for giving birth in the US is 26. So, thank you, and sorry.

Sophie: Also, I got to give it a #SorryLindsey. She got mad at me yesterday for posting that she farted on Instagram.

April: Humiliating. Why would you do that?

Sophie: Everyone farts.

April: Everyone farts. Sorry about your fart, Lindsey.

Sophie: It's just funny. Sorry.

April: Geeze Louise.

April: All right. So, let's move on to our call for submissions. So, as we mentioned last week, we have an episode coming up about exercise, a sequel, because we have done one before but we are going to talk some more about finding ways to move your body in way that's joyful and our exercise journeys and some of your exercise journeys. So, if you have something you want to share about figuring out how to exercise, in a way that's non-punishing and has been helpful to you, send us a voice memo. Email us. We can't wait to hear your voice.

Sophie: As you all know, we have a Facebook group for our Patreons who are at Team Paisley Mumu and above. This week in the Facebook group, people are talking about body positive workouts spaces in Chicago. They're talking about how to choose a career that you love, and they're getting recommendations for wide calf boots.

April: Very important, very crucial.

Sophie: Very useful place to be. So if you want to be part of that wonderful Facebook group, literally every week, someone posts, "So thankful for this space. Love you all," which is really cute, and really nice, then go to [Patreon.com/shesallfatpod](https://www.patreon.com/shesallfatpod), and join Team Paisley MuMu.

Sophie: Also, every week now, we're doing an extra whole segment for our team, I love Bread, and you can also go to [Patreon.com/shesallfatpod](https://www.patreon.com/shesallfatpod), and sign up for that, if you want to hear stories that are blast from our past.

April: Join us. We're having fun, we're getting loose. Our bras are off during that segment. Our metaphorical bras, because we're not wearing bras.

Sophie: It's the same kind of content, but more special.

April: More special. And with that, we should really get to the meat of it, don't you think?

Sophie: Let's do it.

Sophie: The Meat of It.

April: Welcome.

Sophie: We're here.

April: Jumbo, sorry. Jumbo, is it?

Sophie: Excuse me? Are you trying to pull some Color of Friendship shit here? What are you doing?

April: That's my nightmare that people would compare us to that shit.

Sophie: That girl's Australian accent is so funny. She's like, "I just walked into-

April: Oh, yeah. She's supposed to be South African.

Sophie: ... is South African, but it's so bad.

April: It was so bad. It was so bad.

Sophie: Anyways.

April: I do love that movie, though. I love the dad's reaction. He's like, "A white African? Why?"

Sophie: Yep.

April: Yeah, the same. Okay. So, this week, on The Meat of It, we're talking about some books in the fat world these days. I think our very first episode was about narratives we had seen ourselves in YA books, which wow, what a time.

Sophie: What a time.

April: Imagine how much can change in year.

Sophie: So young. Now, we're so old.

April: Now, we're so old and world weary. Wow. But, we wanted to do another episode on books because most of the books on this list have been released in 2018 or very recently. There's been, I would say, a big increase in the amount of fat book narratives I've seen that are-

Sophie: An influx? A fat influx?

April: A fat flux?

Sophie: A fat flux.

April: #Fatflux. Maria, is that the name of the episode?

Sophie: #Fatflux.

April: Text-

Sophie: It sounds like an illness.

April: Yeah, it does. Like, "If you have fat flux."

Sophie: That's what I have when I have my trigger foods.

April: Yeah, when I have GERD, when my GERD flares up, it's my fat flux.

Sophie: It's my fat flux.

April: Love my GERD.

Sophie: My curvy GERD.

April: Curvy GERD. No, there's definitely been a lot more books about fat people, and also written about fat people, and also about fatness, which is always exciting. So, we wanted to get into some of those narratives. Some of them we've discovered on our own, some of them have been sent to us, and thank you so much. Some of us are from our listeners that stayed on these books, and wanted to pass them along to you.

Sophie: Yeah, this is not an exhaustive list, to be clear. This is just some of the books that we have decided to pull out of the hat to talk about today.

April: Exactly.

Sophie: So, when we're talking about books, what do you look for in a book?

April: What I look for in a book is a pink cover.

Sophie: You look for a silhouette of a woman's body poking out of a champagne glass.

April: Unfortunately, a lot of my books do have pink covers. But no, what I do look for is, usually, a female protagonist, if not a person of color protagonist. In 2017, I noticed that I only read books by women, so usually books by women. That was an accident, I was just pissed. This year, maybe I should revisit that rule because again, men, you're on my shit list.

April: But yeah, I look for that. I look for diverse characters, and I read a lot of YA because I think it deals with love. It deals with coming of age. I love the coming-of-age story, and then I read a lot of celebrity memoirs, usually by women who are writers. I read a ton of those. I have read Year of Yes by Shonda Rhimes, so don't DM me. Yeah, what about you?

Sophie: I look for some of the themes that I know that I like. So I know I like fantasy YA with female protagonist. I know that I like nonfiction books about women in history, like interesting biographies of women in history or social histories. I also like stories about history murders. And I also like old comedy of manner style books, that are about the ways we treat each other, and blah-blah-blah.

April: You know, like the human condition, blah-blah-blah.

Sophie: The human condition, blah-blah-blah. Humanity and so forth, blah-blah-blah.

April: Same lot of spacing.

Sophie: You got me. So, what makes a fat book to you? What makes something worthy talking about as a fat book?

April: I think either the author is fat or the main character. I would say at least the main character is fat, or was fat, or is getting fat.

Sophie: Yep, okay.

April: Or talks about their fat body at some point. I think that's what I would consider. Yeah, what about you?

Sophie: I also consider ones if the author is fat because I think that brings a point of view, you know what I mean? But I also don't consider it a fat book if the character is trying to get thin successfully. That's part of it.

April: Oh, good note. Yeah, that's definitely true. Yeah, there are books I've read that are not on this list because if it's a memoir, it's about somebody talking about their weight loss in a way that's like, "And then, my whole life changed because I finally ..." Yeah, I would not consider-

Sophie: No, that's not a fat book to me, at least.

April: That's a no longer fat and thank God book.

Sophie: Yeah, exactly. How do you deal with the fat phobia that's in a lot of your favorite books?

April: The thing is, at the time there's so much of that stuff that I didn't even identify, because I was so used to taking it in, but these days, honestly, when I revisit some of my favorites, and I see the fat phobia, I just close the book. I can't enjoy it anymore, which is sad because it's like, think about how much joy people are not able to experience by seeing so much of that. To me, it's just like I can't really look past it anymore the way that I totally could when I was younger.

Sophie: I don't look past it either, but I still read ... Unless, I read a book that's about body positivity, it's in there almost always, the same as any TV show. So, I often find I just set it aside still.

April: Which is really hard, and something that it's like I don't think people realize when you're writing your book, and you insist on having your fat, evil character or whatever, how much you're asking from your fat readers to just like, "Well, I know this is a part of you, and it's about your humanity or whatever, but just ignore it so you can read my books."

Sophie: Yeah.

April: Sometimes I'm capable of doing that but sometimes I just don't got it.

Sophie: Yeah, but it's in everything. But it is nice to read a fat book, and then there's a respite from that because constantly, when I'm reading stuff, I'm always on guard for it a little bit, but I also want to read things that are not just body positive narratives.

April: Yeah, exactly.

Sophie: Okay, and then also, I wanted to ask you if there's any way if you feel like reading a fat book is a different experience than watching TV or movies that are for the fats?

April: For sure, because I think if there's a fat author writing about fat protagonist, there's less hands in the way basically. Whereas like if you watch a movie that's about a fat person, it might be about a fat person, but it might have a white male director. It probably will, and his lens will affect the way that you see the character, and the way that you experience it.

April: Whereas with a book, it's like you have the writer, you have some editors, and there's less hands muddying that narrative, so it tends to be cleaner if the author makes a point of making that an important part of their work. Whereas, yeah, TV and movies, it takes a lot of people to make a TV show, like hundreds, a lot more people to make a movie. And so, there's a lot more chances for you to get fucked up.

Sophie: Yeah.

April: Yeah.

Sophie: I agree with that.

April: Let's jump in to it and yeah, like we said, not an exhaustive list. I haven't read every book on this list. I have read a good amount of them, and I'm recommending them to you.

Sophie: Yeah, so welcome to the first and only meeting of the She's All Fat Book Club.

April: What's good? Okay.

Sophie: Okay. Let's start with a couple of nonfiction books.

April: Of course. Okay, so I wanted to start with, My Life as a Goddess by Guy Branum. So, this book came out over the summer. It had a good amount of buzz because an excerpt from it was published in Vulture.

Sophie: Yeah, it was pretty good.

April: Which is pretty cool. I read a little bit of that. But, just about Guy. So, Guy is a gay comedian.

Conan: I have to say that crown looks absolutely fantastic.

Guy Branum: Thank you so much, Conan. Look, it's a media landscape that's just full these days. There are a lot of bald homosexual fat guys who have books. I have to distinguish which one I am. I'm the one with the flowers.

Conan: Yes. I-

Guy Branum: Show the book.

April: He's a comedy writer. He hosts some shows. He's written on the mini project, Billy on the Street, which is one of my favorite shows to watch with my family because it's just like, "We all love this. We all agree." Road on Fashion Police, R.I.P. Joan Rivers, and so, here's a little bit of that excerpt from the book that went mini viral over the summer. Let's begin.

April: "People will continue to look at me, and tell me that I'm doing it wrong. They're going to talk down to me about nutrition, and exercise. They're going to treat me like a baby who cannot manage his desires. They're going to expect that inherent in my fatness is a lack of agency and capability. They're going to tell me I'm doing myself a disservice by not waging a war on the 40% of my body mass that isn't lean. I'm always, on some level, going to think they're right, but I will also love my body. I'm going to have fun with, I'm going to dance a lot."

April: So, I love that. I appreciate Guy because he's not like, "I feel 100% happy in my body, all the time," because he's like a fat, bald gay comedian. It's not average, you know what I mean? And so, I appreciate that he's upfront about being, "Yeah, it's not perfect all the time," but, also a lot of the book is him being unapologetic about his experience, while also keeping real that it was like, "Yeah, growing up was really hard." He's always been fat, it's been difficult. But he's got to a place in his career in his life where he's able to work it, and so I'm excited for him.

Sophie: That's awesome.

April: So I'm listening to the audio book version of this book right now. I would recommend it if you're a big fan of pop culture. There's a lot of chapters about really obscure shit about pop culture. He's like a big pop culture head like me but even more obscure.

April: Yeah, if you've never read a book, a memoir by a fat person, which I think a lot of people haven't, and you like pop culture stuff, I think this would be a great place to start. It's pretty accessible, and I think it's just important to get in the habit of reading fat writers. So, that's book number one. What's next?

Sophie: Then we have, I just wanted to give a shout out to Virgie Tovar's new book, You have the Right to Remain Fat, which I have not read but a couple of people in the Facebook group have read it and described it kind of as fat positivity explainer for people, would be a good gift to give to friends and family perhaps for Christmas this year.

Sophie: And also, similarly, Landwhale by Jes Baker, which came out this year. I also have not had the chance to read yet, but I know a lot of people who really liked it. This really cracked me up, Woke Bae, Matt McGorry.

April: Yeah. Wow.

Sophie: You guys, Mat McGorry, he's an actor. He was on How to Get Away with Murder. He lived in the same apartment building I lived in with I first moved to L.A. He was always shirtless, pouting by the pool. He wrote a Twitter review of Landwhale, which is cool. He read it, and he highlighted it, and he posted all these pictures of his highlights.

April: I read it, for sure.

Sophie: So, part of his review is, "I greatly admire Jes's vulnerability, and it made me reflect my own expression of vulnerability in my writing and activism. I really enjoyed this book, not just as a look into the mind and life of a fierce body positive activist, but as a story that covers a great deal more ground about relationships, family, trauma, and more all with great humor and wit."

April: Wow. Take it from Matt.

Sophie: Take it from Matt, but also, please don't ever let a straight man call me fierce. I don't ever want that.

April: So brave. So fierce. So fabulous.

Sophie: And then, I also just wanted to touch on ... I mean, we've talked about them before, but Samantha Irby's books, Meaty and-

April: We Should Never Meet in Real Life.

Sophie: We Are Never Meeting in Real Life. Yeah, that's what I was talking about, the difference between a fat author and a fat subject, you know? Because some of these other books are fat authors writing about fat subjects. Samantha Irby writes about, somewhat about her weight, but she mostly just writes about her life and it's also very cool just to read about her doing like other shit, and knowing that she's fat, you know what I mean?

April: Yeah. If it's not the subject matter, it will texture the chapter. It will for sure inform it, which I think is great. And I just love how she's unapologetic. She's like, "Yeah, me and my cat are like eating in the house." I'm like, "Love you."

Sophie: I would recommend either of Samantha Irby's books for anyone who likes kind of confessional essays or humor essays, and I recommend Landwhale, and You have the Right to Remain Fat for people who are looking for more explainers and positivity books.

April: Perfect.

Sophie: Cool.

April: Cool. And now, lets switch lanes, skur, skur, so sorry.

Sophie: Empire. Empire. Take over everything. Something, something everything.

April: It's honestly really good.

Sophie: It's a really good song.

April: So, let's talk about self-help books. This is an interesting genre of fat books. I think what's important to note is that a lot of people will express irritation in these types of books because they're like, "Oh, it's 101. Why are we talking about it?" What a lot of people fail to realize is most people have never heard of body positivity. I know that's wild to a lot of people listening because they were very into it before even this podcast. It's their life, it's their activism. Most people don't know what that is, and they just assume that every fat person is on a diet.

April: So, I think these books are very important. At the beginning of my journey, I read a lot of these types of books, and yeah, they helped me out. And so, this genre is alive and strong in 2018 as body positivity gets more popular. And so, here are a couple of those books. Number one, Body Positivity Power by Megan Jayne Crabbe. Okay, so she is bodyposipanda, I think this book came out in England a couple of years ago, and it just got reprinted in America.

April: Yeah, so we were sent copies, which is very cool. Thank you, and here's a little bit of background about Megan. So, like I said, she's bodyposipanda. You've probably seen her on Instagram. She has multicolored hair, and she's always doing the jiggle. She tends to do the jiggle a lot ...

Sophie: She's doing the jigs.

April: With our friend Danny Adreanna, a lot of times. I've seen them together several times, which is very cool. And I also see her a lot on Instagram like highlighting other fat people and other people with different types of bodies a lot. So, I think that's a very cool use of her space. So more about her, she's not fat. She is a woman of color. She is an eating disorder survivor, and I would say that I think she's a solid model of how eating survivors can fit into the body positive movement because I think there's a lot of discussion online about, "Are eating survivors who are not fat, taking up too much space?" And, what does that look like, and how do we navigate those two communities that intersect, but are not the same thing?

April: And so, I think she does a good job of being like, "This is my experience. This is a lot of people's with ED experiences," but, it's not the same as being a fat person, like "feeling" fat is not the same as living a life as a fat person or living in a disabled body. And so, she highlights people who have had those experiences a lot, which I think is cool. Her specific focus is identifying diet culture.

April: So, she has chapters about a lot of the things that are sold on Instagram like fit teas or waist trainers and stuff like, and how those things can seem sort of innocent, but are actually indicative of a greater cultural phenomenon diet culture.

Sophie: I also see a lot of things that are like, "We don't need anymore 101," and like, "We're beyond this," and blah-blah-blah, and like, "This is not for you." And I'm always like, "Okay, but you know some people are still out ... There's a reason that fit teas still exist."

April: And it's popping like they're doing well. They're a multi-million dollar corporation.

Sophie: A lot of people are not into this, and they don't know anything about it, and I don't want to explain to them. And so, I want her to go ahead and explain to them. That's fine with me.

April: If she has it in her like plays by the book and support her because its hard work, and again, she's going through her years and years of trauma within her own body in the hopes of educating other people, and it's important. I think you can acknowledge where you are in your journey while also not disregarding that other people ... You have to have a day one at some point.

Sophie: Yeah.

April: Everybody has to have their realization. They're like, "You don't have to do this."

Sophie: I see that a lot times. I feel like in some leftist circles that are just like, why isn't everyone a graduate degree in this yet? I'm like, "Why? What are you talking about?"

April: ... to assume that. But, also this author's not fat. There are a lot of people who are not fat, who are at the forefront of body positivity, and that is not great. But also I think that Megan in particular does a good job of acknowledging that and not dismissing those conversations that I have seen other people be like, "My life is valid too." We've talked about this stuff in the past.

Sophie: I'm honestly happy to have someone who's not fat take the brunt of that.

April: That'll be great.

Sophie: You know what I mean?

April: I'm exhausted. So, I think this book would be great for, let's say you have cousin who's always talking about how she's on keto and testing her pee or whatever the fuck. She's always talking about waist trainers, and she bought Kim Kardashian's appetite suppressant lollipop. If you think there's a potential there for her to pause ... Or whoever they are to possibly unlearn some of that behavior that they've learned, this might be a good start. It's a short book. It's easy read, and I think really impactful.

April: Next book I want to talk about is *The Body is Not An Apology: The Power of Radical Self-Love*, by Sonya Renee Taylor. So, we share some language there. We are also a radical self-love platform, so shout out to Sonya for sharing that interest. Little bit about Sonia. So she is a self-love educator and founder of *The Body is Not An Apology*, which started I think, as a Facebook page, and now it's a full digital media company.

Sophie: That's amazing.

April: Yeah, it's just grown a lot. She is a black woman. She does do spoken word that's actually like good. No shade to our listeners out there, but I really sat through a lot of excruciating spoken word. But she does some cool stuff at the forum, and she teaches workshops around the world about body liberation, basically.

April: This book, again, is like a little bit part workbook, part self-help book. She's very radical in her approach as you can tell from her tagline, so a lot of her stuff is like how to go from hating your body to worshipping your body, which I'm like, "Wow. That's like-"

Sophie: That's a big goal.

April: "That's a big goal," and she definitely lays it out.

Sophie: I don't think I worship anything.

April: That's a real stretch for me, but it's interesting to see her teach people how to reframe, basically how they see their bodies in a way that seems lofty, but actually I think she accomplishes it in the book. So, this is beyond body positivity 101, like I mentioned. It's a little bit more lofty than like the intro books we've mentioned so far.

April: It's more concrete steps on the unlearning process, so it's like you think this way, you could think this way. Here's a page on how to think about that, and then here's a workbook page on how to work through that. So, I think that that is an interesting way to sort of position the book. It's like, let's say you know about body positivity, you're on board, but you want to get more into the personal side of the self love part.

April: But she also places a lot of emphasize on the intersectionality, and on making sure that people are taking that step from body image and working on that to how can I help for body liberation for other people. She did this interview with The Root that I thought was pretty cool where she kind of summarized how she felt about intersectionality, so I'll read a bit of that.

April: "Now, we've made body positivity a very sort of middle-aged or millennial white woman's experience about how she feels about wearing a size 16. And there's space for that. I want you to feel great about your size 16, and I also need body positivity to mean that black people are not afraid of being indiscriminately killed during routine traffic stops because I need to be able to feel positive that my black body is safe in the world. I need trans folk to be able to use the bathroom that identifies with the gender they identify with because that is part of being positive in their bodies. I need mental illness to be de-stigmatized because that's part of being positive in one's body."

April: So, I think she just did a great job there summarizing the thing that bothers me most about body positivity that I'm like, I think it's important that you feel good about yourself, but also especially during 2018-

Sophie: It's about intersectional safety.

April: It's like you've got to be able to see how it's about more than you feeling uncomfortable in your body, and more about how people's bodies are getting them killed and can make someone's life unbearable. So, she does a great job with that. That is The Body is Not an Apology.

Sophie: Awesome.

April: What is next?

Sophie: We were sent this beautiful big workbook and card deck that go together called, The Reclaiming Beauty Journal and Wisdom Deck by Heidi Andersen, and with illustrations by Leah Joy. This is for you or your cool aunt whose part of a knitting circle.

April: That's exactly correct.

Sophie: It's very pretty, and very artsy. It's like for someone who has done some mediation and maybe has a scarf with a feather print on it. It's all about kindness practices towards yourself, affirmations. There's journaling prompts. There's little things in there with stuff about different cultures and you can draw a card from the deck, and then that's the thing you meditate on for the day.

Sophie: It's basically perfect for someone who's looking for a more meditative and compassion meditation focused approach to self-love, and somewhat body positivity but it's more like the meditation mindfulness, compassionate mindfulness version of it.

April: Would you consider going through a book like that to be a form of self-care?

Sophie: Oh, for sure.

April: Okay, cool.

Sophie: Doing the other stuff is like doing work on yourself intellectually, and this is like doing work on being kind to yourself but not in a bubble bath way. Some of the journaling prompts that I saw were like, "What are the toxic things you think about your body? And like why are you so mean to yourself?"

April: Okay, perfect.

Sophie: It's like that kind of thing.

April: Which that can also be work, but I appreciate that it's like more of a calming environment to do that in.

Sophie: Yeah. It's less rah-rah, and it's more like, let's take a second and breathe.

April: Okay.

Sophie: You know what I mean? Which is nice.

April: That's nice, and they're needed.

Sophie: Yeah. I like it, and we're very appreciative that was sent to us as well.

Sophie: Okay. Moving on to our next category, we're blasting through.

April: Yes, we are.

Sophie: Fiction books. I wanted to talk about a few of the ones that are highly recommended in our Facebook group, and also by me and also by some others. I don't want to spend too much time talking about them now because we're going to do an episode later about Dumplin'.

April: All about Dumplin'.

Sophie: All about Dumplin' when the Netflix movie comes out.

April: Incredible.

Sophie: So exciting.

April: Yes.

Sophie: But, both Dumplin' and Puddin', by Julie Murphy are amazing fat positive, protagonist books by a fat woman. She's written a bunch of other books too and she's just great. I love her. We love you, Julie.

April: Love being able to have a model for what it looks like to consciously write a fat character who is like body positive but on a journey. Clearly she made a lot of distinct decisions to be intentional about what that would look like, so it's cool to see.

Sophie: And they're good books.

April: They're good books. Julie's a great writer, very vivid. Can't wait for the movie, love Dolly Parton.

Sophie: Yes. Also, Leah on the Offbeat has been recommended several times. It's by Becky Albertalli. I know she and Julie Murphy went on tour together, so that's a good recommendation in my opinion. Dietland is like an older pick that I just want to remind people that Dietland and the TV show Dietland exists.

April: It did get canceled.

Sophie: It did get canceled, unfortunately, but we still highly rec. And then, this one that I talked about, I think last season reading is The Summer of Jordi Perez by Amy Spalding, which is a really fun light YA book. And it's perfect for anyone who loves YA, who loves LA, who loves burgers, or who loves queer teen love stories.

April: So she wrote it for you.

Sophie: Yeah. It's the best. I really enjoyed it. It was very fun and light, and a really nice example of how to write a teen chubby character who's sometimes insecure but sometimes not, but it's not really about that. It's just part of her character.

April: Very cool.

Sophie: It's more about her figuring out she likes a girl.

April: I don't like how you said that. "Likes a girl."

Sophie: She likes a girl. I love it.

April: Incredible.

Sophie: So, those were my little YA and other fiction book recommendations. Again, there's like so many more.

April: Which I'm glad about, honestly. I feel like there is an abundance of fat narratives which I'm excited about because, again, people have never read books by fat people about fat people. Now they have an opportunity whether or not they'll take it, a separate conversation.

Sophie: Yes. Here are some other categories of books that were recommended by people in that Facebook group, which again is Team Paisley MuMu, on our Patreon page. A couple of people in the group actually are librarians which is cool, and somebody recommended for kid's books, this book called *The Belly Book* by Fran Manushkin, illustrated by Dan Yaccarino which has different kinds of bellies in it in like different colors of people's bellies, which is cool.

April: Something about those two people's names just made me hungry, so I need to like unpack why... Anyway, keep going. I was like, hmm, Yaccarino.

Sophie: Oh my God. What?

April: Not sure. Keep going.

Sophie: Okay, and also in that discussion, there's two links that we're going to put in the show notes here. One is for an organization called Diverse Books that pushes for different kinds of diverse representation in children's books which is really cool. They seem like a cool organization to donate to if you're looking for something like that or volunteer with. And then also, just this article about the importance of diverse representation in kid's books.

Sophie: Next, some romances. I don't really read romance novels, but I know a lot of people do. But someone recommended this book, *Bet Me* by Jennifer Crusie, and also, Talia Hibbert's books are romances with fat protagonist.

April: Incredible.

Sophie: Someone recommend this urban fantasy novel, the Dana Series by SM Reine. And then this short story collection called The Strange History of Suzanne LaFleshe: And Other Stories of Women and Fatness which was edited by Suzanne Koppleman, which sounds really cool, actually. And then we have some book tip jars that we got in our email inbox, and again, we have not read these. Do you want to read these out?

April: Absolutely. Okay, so the first one we got is called Princess Ben by Catherine Gilbert Murdock. Here is a little summary sent from one our lovely Hannah's. "A why book about a princess named Ben who learns how to do magic. She always remains fat, finds love despite that, not because of it, and happiness."

April: It's the first and only book I've read that dealt with weight in the way it had, so that is Princess Ben. The next one is Slashing Mona Lisa but DM Barr. This one is a romantic suspense/murder mystery that involves the body acceptance, an anti-body shaming movement. If you happen to go seek out these books, please let us know. I want to hear how they are. I want to hear what are your faves that we missed and we will include them in the future tip jars. I'm excited these exist.

Sophie: Me too.

April: I'm happy.

Sophie: And now that we've given you our recommendations and our roundup, our friend, Julie Murphy, who we talked about before, is here to give us her recommendations and her thoughts on writing fat characters.

Julie Murphy: Hey, Sophie and April, this is Julie Murphy. Thought representation is getting better in young adult. There's not much to compare it to since just a few years ago, there was little to no positive fat representation at all. I mean, some days I feel like it's one step forward and two steps back, but I got to think that even the fact that we're starting to see people question what good fat representation looks like is progress in and of itself. At the same time though, I selfishly want all the fat books, and I want them now. Where's my dragon slaying fat girl? Why don't we have that yet?

Julie Murphy: I mean, there are people out there though, putting out really good work. My favorites, and good friends of mine are Renee Watson, Amy Spalding, Isabel Quintero, Lily Anderson, and of course Becky Albertalli. As far as good representation and putting representation in my own books, writing any kind of representation is scary. Even when it's your own marginalization, I actually think that somehow makes it worse. There's like this unspoken pressure of wanting to do right by your community, and something I had to learn really early on was that my work couldn't be everything for everyone.

Julie Murphy: I think one of the easiest pitfalls though is the idea of the single story narrative. It's really easy to forget how important it is to show multiple fat characters, or queer, or people of color, because there's no single way to be any of those things. I just try to be mindful of that and do my best. In the end, I'm just one white lady though, who turns out a book every year. We need more in general and especially more diverse voices.

Julie Murphy: I want everyone to find a home in a book. I want everyone to be able to look at one book on their shelves, at least, and say, "That was a moment when I felt seen." But I have to be real with myself too and know that I can't cover all the territory. But I can do my best to use my platform. Oh my gosh, I hate the phrase platform, but use my platform to lift up new and upcoming voices.

Julie Murphy: As far as YA books that I would like to recommend, it's not out yet, but Renee Watson co-authored an incredible book with Ellen Hagan called Watch Us Rise, and I think it comes out early 2019. But you can get online and pre-order it like right now. Amy Spalding also has a great little queer rom-com about a fashion obsessed girl in LA called Jordi Perez and the Best Burger in Los Angeles. I think the book that took me by surprise though recently in the best way possible was Undead Girl Gang by Lily Anderson. It's about a fat girl who dabbles in witchcraft and brings her murdered friend back to life with another unexpected dead girl and they solve both their murders.

Julie Murphy: I've written about fatness which is relevant and important. But as a fat consumer, seeing Lily's book released was really amazing because it was like, "Yes. Finally, a fat character who's just having a fucking adventure." It was really great and really exciting, and we need more of it. As for Will's favorite young adult book, I'm going to be super controversial here and say she's probably a closeted Twilight Stan. I have a soft spot for Twilight and I bet that Will does too.

Julie Murphy: We all have our problematic faves, right? I bet she also really loves Jenny Han's books because who doesn't? Okay. That's all I got. Thank you both so much. I adore you.

Sophie: Yeah, follow Julie on Instagram. Support Julie, we love Julie.

April: Bang icon.

Sophie: For real though.

April: She has great bangs.

Sophie: For real. Okay. So, what would be your ideal fat book?

April: I think the perfect recipe that I like is like it's a fat character. It's not only about her fatness but it does inform the story. I think that's what I'm here for. So I want to see like a fat woman of color who falls in love with a guy or whoever

that's like somebody who is very hot and supportive of her. But she rejects him at first because she wants to improve her own life and follow whatever her dream is, perhaps being a musician, perhaps being a witch. And she reaches self-actualization and changes her hair a lot and finds herself. That's what I want. More of that. How about you?

Sophie: I would say similar. I also want something that has cute illustrations and outfits.

April: I love outfits.

Sophie: I love outfits.

April: I was watching, like going through my Netflix queue and it's just like ladies talking to each other in cute outfits. That's all I want.

Sophie: Yeah. That's all I want too.

April: I love that. So good.

Sophie: I'm excited about all these books. I really like giving these roundups. I hope people find them useful. I hope people like these books and I hope people read them and support fat authors, and fat stories, and find value in them and give them to their kids or their moms or whatever.

Sophie: Well, that's The Meat of It for this week. We have let you all know about fat books in 2018. You're welcome.

April: You're welcome.

April: Today's episode of She's All Fat is brought to you by TomboyX. We love TomboyX. You love TomboyX and fall is just around the corner, so why not get yourself some new fall underwear.

Sophie: TomboyX has lots of styles, cuts, colors, and prints from bikinis to boxer briefs to trunks, as well as super comfy bras. And all options come in extra small to 4X. Whatever kind of underwear you want, TomboyX has got your butt covered.

April: The materials they use to make underwear are all eco-friendly, from the quick-dry moisture wicking fabrics of their Active wear line, to the super soft micro modal fabric in the Neutrals line. We also love that TomboyX works with women-owned factories, and make sure that everything they make is ethically produced. We stand a comfy, cute, ethical undie.

Sophie: My favorite around the house outfit is my old athletic shorts and a TomboyX sports bra. I love the one I have with its cute rainbow band under my chest. It's comfy, supportive without being restrictive and the exact right vibe for singing karaoke in my mirror.

April: I love that the Neutrals line is a truly wide spectrum of colors and shades. It's very rare to see such a diverse spectrum of shades. When I try on my shade, number two bralett and boyshort set for the very first time, the color matched me so well I could have sworn I was actually nude.

Sophie: This is a new code, so listen up. Go to Tomboyx.com/saf2018 and check out their special bundles and pack pricing. She's All Fat listeners get an extra 15% off with code SAF2018, again, code SAF2018 for an extra 15% off. Ditch whatever you're wearing for a pair of TomboyX underwear. Go to tomboyx.com/saf2018.

April: And now it's time to ask a fatty. If you want advice, you can send a voice memo of yourself asking a question to fyi@shesallfatpod.com. You can record it on your computer or the voice memo app on your iPhone. Just keep it short about one minute max, or if you're shy, you can send us a plain old email at fyi@shesallfatpod.com and we might answer your question right here on the show. So this week on Ask a Fatty, we have a very special letter from Hanna. And even though it's not a voice memo, I will read it.

Sophie: Okay.

April: Here we are. "I just wanted to get your opinion on Jameela Jamil's #Iweigh movement. Jameela a street-sized actress on The Good Place. Her movement has recently gained media attraction for being inclusive of all body types and encouraging people to look at how they talk about and treat their bodies. She's also gotten attention for calling out the Kardashians for promoting things like tummy teas and meal suppressant lollipops. What is you all's take on this?"

Sophie: Okay.

April: All right. Hanna, thank you for this question, first of all. Can't wait to talk about this. Soph.

Sophie: I actually was talking about this the other day with a friend who's a writer, Tasbeeh Herwees. Follow her on Instagram and Twitter, she's iconic. But, listen, I love The Good Place. We both love The Good Place-

April: Best show on television by far.

Sophie: If we're going to have the conversation we started having in The Meat of It this week about 101s, I think Jameela is a great 101 for a lot of people. I think she is trying her best to talk about body positivity and shit, but honestly half the time, she doesn't know what the fuck she's talking about.

April: No, not at all. And, she posts a lot of like in real-time apologies which makes me laugh. She's like-

Sophie: She's always getting in fights.

April: Always getting in fights, and then she'll post a note of apology where she's like, "Didn't realize that I raised X sort of history about this person." And then she also proposed that she made a new name for the movement she's starting and it was called-

Sophie: Was it like Life Positivity?

April: Life Positivity or something. It just makes me laugh. I'm like, "What?"

Sophie: Like, what are you talking about?

April: But it always makes me laugh when she's just like, "I weigh friendships. I weigh the money I give to nonprofit organizations." Like, what? Here's the thing, because of her positionality that's like gorgeous thin Indian woman who a lot of people are paying attention to, of course I think like I think honestly it's probably a net positive that she's talking about these things, but the nitty-gritty of it is ridiculous. I'm not tweeting I weigh the love of my grandmother. It's never happening, sorry.

Sophie: But again, some people really need it, like an anonymous friend who works in the industry told us that ... In the entertainment industry ... told us that some execs that they know talked about this and discussed it as she just wants to be told she's pretty. Some people still need to hear this message, you know what I mean? A lot of people aren't even on this level.

April: That's funny. And I also will give her credit for the fact that she talks about in some interviews that she used to be ... She was never fat but she used to be kind of chubby and like she ended up losing weight. But she doesn't talk about it in the before and after way we talked about last week where it's like, "And then I started living my life." She just talks about it as like, you know, bodies change and that's fine.

Sophie: Yeah.

April: Which I appreciate because most people who lose weight do not do that. My only potential qualm with this thing besides how ridiculous I think it is, is just that I think it's the same thing of a lot of women get into body positivity through the body image lane and then never leave the lane. I just think it's important that it's like, okay, you're working on yourself. That's very important, that said, Donald Trump is going to get us all killed.

April: All my family members are worried about getting deported. I'm worried about being shot in the face. So, intersectionality is important and I'm not sure that her movement is explicitly about that which is fine. It doesn't have to be everything. But, I just think, if this is your entry point, that's cool but you got to also keep moving and progressing.

Sophie: I'm also just like, a lot of this stuff people would be like, "Wow, so simplistic," blah-blah-blah. And I'm like, "Yes. I agree. But also, I don't give a shit if this is what changes someone's mind." You know what I mean?

April: Again, this might be the first time they might love The Good Place, follow her and be like, "I don't have to be on a diet? What?" I'm sure that's like thousands of people which sounds fake but is real.

Sophie: I cannot stand that one week when the video interview of her was all over Twitter. I was like, "Shut up." But, you know what? Not for me, for other people. But yeah, I will never be participating in #Iweigh.

April: Unfortunately, I take myself slightly too seriously for that.

Sophie: I can't do it. #Iweighmygrandmothershands, or whatever.

April: What would yours be?

Sophie: #Iweigh ...

April: Honestly, I weigh the weight of someone who's had a cheeseburger every two days for the past 20 years.

Sophie: Yeah, I don't really understand the concept because it's still saying that your seriousness is talked about in weighing words. I don't totally get the idea behind it.

April: But, I think basically what it is, is like instead of measuring your self-worth in pounds, you measure it in pounds of friendship.

Sophie: Yeah. It just really makes me think of seasons of love. That's the only thing. I'm expecting her to be like, "I weigh in minutes, in seconds, in midnights, in cups of coffee." I'm just like, "Okay."

April: Makes me laugh. So, anyway those are our thoughts.

Sophie: But yeah, watch The Good Place.

April: Watch The Good Place. At the end of the day, whatever, The Good Place is the greatest television show on the planet. That's all I care about.

Sophie: And she is really beautiful.

April: Truly.

Sophie: Another bang icon.

April: Bang icon. Wow, great bangs. Lovely bangs.

Sophie: Yes.

April: Thank you for sending that question in Hanna.

Sophie: Thanks, Hanna.

Sophie: Now, let's move on to, It's Okay, You Can Ask, a segment where the only role is to make me squirm.

April: We'll find out the answers to our burning questions like, why do white people always say the phrase, "I'm going to butcher this," before attempting to pronounce a person of color's name?

Sophie: It's rude.

April: Like, "Strap in, because I'm going to butcher this." It's horrible.

Sophie: Okay, or what words should I use to describe your current hairstyle?

April: That part makes me giggle. So, it's my turn this week, and I have a question that is the reverse of something we talked about in last week's episode.

Sophie: Okay.

April: So, we've talked a lot about how the ultimate traitor of 2018 is white women. And again, like I'm not here to make you feel better. Hanna's at home like, "You know what you did."

Sophie: Yep.

April: And we're here. So, I'm wondering, as a white woman who is trying her best, number one, how do you navigate that feeling of like "it was us", like it wasn't specifically you but like "it was us". What do you do with it, basically? You should see the face Sophie is making. It's like a Robot who's died. If you've seen Big Hero 6, when he's deflating.

April: So, that's what she's making, but also I'm curious, because I'm reading this book by Rebecca Traister about rage, I'm wondering I'm sure you feel rage towards other white women, and we've talked a little bit about how sometimes it can feel fruitless to have those conversations. But, I mean more on a personal level. I can't imagine what it would be like if I found out that all black women were like secret agents and we're betraying each other, you know what I mean?

Sophie: Yeah.

April: Like you thought that we're all on the same page and it's actually not the case. So, I'm wondering like what does it feel like? I'm so sorry that that deflated you so hard. And what do you do with the feeling, the rage, or whatever you feel? I'm so sorry.

Sophie: Yeah, I mean 2018, this is on us NBC or whatever. It's us in the mirror. I'm looking at the man in the mirror.

April: Yeah, you're looking at the blonde in the mirror and she fucked up and her dad's a Nazi.

Sophie: Like I think I said before on the pod, I personally struggled with this also because my group chat of my best female friends, I'm the only white one-

April: And thank God.

Sophie: Well, so I don't feel like I can dog about this specifically because nobody cares. I don't know, I mean, it sucks because there are so many things that I'm constantly working to de-learn-

April: Unlearn. So close.

Sophie: Unlearn. Thank you. Unlearn and do better on and stuff, and it's just very frustrating. It feels like when you're in school and then the teacher's like, "Well, you ruined that for everyone," and you're just like, "God dammit."

April: That was a horrible feeling.

Sophie: You know what I mean? It's just like, okay great. Now the whole grade is going to be pissed at this class because we didn't turn in our homework. It's that feeling but worse because there's like death involved.

April: Higher stakes, for sure.

Sophie: Yeah, it's not good because it makes me just feel like suspicious and alone, because it takes away the kind of female solidarity feeling that it's easy for women to have. You know, the thing that when you're drunk leads to like complimenting each other's outfits in the bathroom, you know what I mean?

April: Yes, very true. Very true.

Sophie: But now I'm like I don't even want to do that because I don't know if you're a traitor. You know?

April: Wow, I didn't even think of that, that it would affect the bathroom compliment ritual.

Sophie: It just affects that for me. Especially if someone's whose family is wealthy and so like I'm usually in pretty boujee spaces. And so I'm always like, "Is it you?" "Is it you?" "Is it you?" "Is it you?" Also, I just don't ... We've talked about this before off air, but working in entertainment, a lot of older white women especially are very like women who have made it in the boys club, and then their attitude is like you've got to be the boys club to make it in the boys club. And I don't jive with that, at all.

Sophie: And so, this just feels even more like that where I'm just like I don't know who I can trust and then I don't want to lean on women of color. And so I'm just like, cool, well got to just like talk about it all the time until I find other people who are aligned with me and then also do all this work to like clean up other white women. And then also just like I don't want to deal with white men either.

April: Yeah. No, nobody does.

Sophie: You know what I mean? I don't know, it's rough. Part of the stuff that was so upsetting to me about Kavanaugh stuff was like all the white women who were like, "I support him," who were around him. And I'm just like, I don't know.

April: I don't know either.

Sophie: There's not much to say about it. It just fucking sucks.

April: I don't know what that would even feel like.

Sophie: It's just not good. I mean, I don't like any of my choices, because my choices are try to do work with other white women, which I do but that is bad, and hard and sad. And I also honestly have very mixed feelings about how much progress can be made through having arguments.

April: Yeah.

Sophie: Do you know what I mean?

April: Mm-hmm (affirmative).

Sophie: I think it's more like I can watch for other white women doing harm and trying to mitigate that harm as much as possible. I don't really think talking so someone in the grocery store is going to prevent them from being racist, you know what I mean?

April: Especially if they're not open to change. Some people already made their mind up.

Sophie: What I do focus on is doing a lot of ... You know, I have friends, people come to me and be like, "Hey, can you help me think through this specific thing?" Or

whatever, but that's people who are like already well-meaning in the good sense of the word, like people who are trying to do research and stuff on their own.

Sophie: The people who aren't, I don't know. It just makes me feel more alone where you're like, cool, well I'm not accepted in the way and I don't have sisterhood or whatever in the way that women of color do. And I also can't trust other white women, really. So, I just have to find a specific other white women, I don't know.

April: So sorry.

Sophie: It's hard.

April: It sounds horrible.

Sophie: It's all bad, and so, the end. But, I appreciate you caring about that, that it would be hard for me. It does suck and I hope that there are some more guide posts and sign posts forward because as we talk about that a lot, I do think white people and white women need spaces to regroup and recover and figure out how we're working on this stuff. And I don't think we've done a good job creating those because people who are aware of this shit are spending all of our time trying to triage the things that we see. Do you know what I mean?

Sophie: The triaging is not self-reflection. The triaging is like getting in the way between Nazis and people of color. You know what I mean? And it's like, that clearly has to come first and then we need to spend time like hanging out and being like, "Yeah, that's weird, huh?"

April: When does the healing happen for white women outside of a \$4,000 wellness retreat?

Sophie: Right, and that's not helpful either. I just don't know that we have it ... I don't feel like I have a good path yet for it and it is very disconcerting. But I hope that somebody soon will tell me what to do, and then I'll do it.

April: Oh my God.

Sophie: Yeah, I think part of it is just that I know that I can't be trusted, totally, and so-

April: Absolutely not.

Sophie: Excuse me? What was that you said?

April: I said absolutely not. I'm just kidding.

Sophie: But because I don't trust myself totally with this stuff, just because I'm aware of everything that I'm like, "Why would I trust her?"

April: Yeah.

Sophie: She doesn't know more than me, probably. I read a lot. I don't know.

April: All right.

Sophie: I guess the only good white woman is Natalie Walker.

Speaker 6: You're going on a second date with him? Wow. Hey, do you mind if I call you back? I'm actually Skyping you from an exercise bike. I don't know why I picked up the phone, it's very unwieldy. It's almost like there's some outside force trying to lazily prove that I have hobbies and interest outside of you.

April: All right, thank you.

Sophie: Thank you. Sorry, thank you.

April: Thank you, sorry. Thank you. Sorry.

Sophie: And that's our show. Be sure to check out the show notes for links to the stuff we mentioned today and don't forget to send us your questions via email or voice recording to fyi@shesallfatpod.com.

April: Please make sure to leave us a review on Apple Podcast. It's super important in making sure people find the show. If you leave us a review on Apple Podcast, we'll give you a shout-out on the pod next week.

Sophie: She's All Fat is created, produced and hosted by us, Sophie Carter-Kahn and April K. Quioh. We are an independent production. If you'd like to support the work we do, you can join our Patreon by visiting patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content.

April: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jessie Fish and our logo is by Britt Scott. This episode was mixed and edited by Maria Wurttele. Special thanks to our fairy intern mother, Lynn Barbera, and our brand new intern, Kjerstin Berg.

April: Our Facebook, Instagram and Twitter handles are @shesallfatpod. You can find the show on Apple Podcast, Spotify, Stitcher, Google Play and wherever else you get your podcast.

Sophie: Bye.

April: Bye. Catherine Gilbert ...

Sophie: Sorry, I almost hit the [inaudible 01:07:21]. Sorry.

April: It sounded like someone was knocking on the door of my brain. I was like, "Did somebody [crosstalk 01:07:26] ring the doorbell of my brain?" That's our bell.