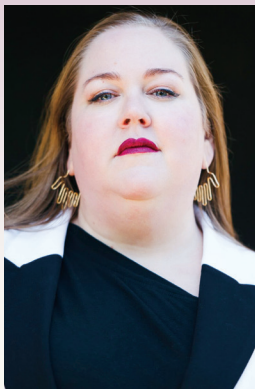


AUBREY GORDON



**You Just Need to Lose Weight**  
**by Aubrey Gordon (Portland, OR)**

With top-notch scientific research, personal anecdotes, and engaging style, Gordon presents common and damaging myths about fatness, then chapter by chapter knocks them down. In response, she provides checklists and action items to help frame and combat the reader's own anti-fat biases. A valuable read and resource to return to again and again.