

## **TWO WHOLE CAKES HOW TO STOP DIETING AND LEARN TO LOVE YOUR BODY BY LESLEY KINZEL%0A**

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In Two Whole Cakes: How to Stop Dieting and Learn to Love Your Body, Kinzel shares the struggles she encountered on her path to body acceptance, and offers readers an excellent primer for anyone interested in the fat acceptance movement, as well as providing insight to those already involved in body acceptance politics.

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### **Two Whole Cakes How to Stop Dieting and Learn to Love**

Lesley Kinzel has been engaging with body politics and social justice activism for well over a decade. She co-founded and moderated the blog Fatshionista for five years (2005-2010), which has turned her into an online celebrity in the communities of fat acceptance, fashion, and women's issues.

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### **Two Whole Cakes How to Stop Dieting and Learn to Love**

This is a quick read in size, but the book is not short on insights. Lesley shares a series of reflections on experiences living in a fat body, some humorous, some excruciating, but none of them feel pointless, which is a rare gift.

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### **Two Whole Cakes How to Stop Dieting and Learn to Love**

In Two Whole Cakes, Fatshionista extraordinaire Lesley Kinzel tells stories, gives advice, and challenges stereotypes about being and feeling fat. Kinzel says no to diet fads and pills, shows by example how to stop hating your body, celebrates self-acceptance at any size, and urges you to finally accept the truth: Your body is not a tragedy!

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### **Two Whole Cakes**

Two Whole Cakes is a blog written by Lesley Kinzel, a mouthy fat broad who deals in body politics, social justice activism, and pop-cultural criticism, usually from a feminist-flavored perspective. Categories

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