

Body Image Titles

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July 2021

Aceves, Fred. *The New David Espinoza*. New York, HarperCollins Publishers, 2020. **Obsessed with the idea that he is not muscular enough and tired of being bullied, David, age seventeen, begins using steroids, endangering his relationships with family and friends.**

**The audiobook is available from the Jack M. Barrack Hebrew Academy Library MackinVIA collection.**

Albertalli, Becky. *The Upside of Unrequited*. New York, Balzer & Bray, 2017.

**Seventeen-year-old Molly Peskin-Suso knows all about unrequited love. No matter how many times her twin sister, Cassie, tells her to woman up, Molly can't stomach the idea of rejection. So she's careful. Fat girls always have to be careful.**

**(From Amazon).**

**Available from the Barrack Print Collection.**

Allman, Toney. *Understanding Self-image and Confidence*. San Diego, ReferencePoint Press, 2018. **Examines the concept of self-image from how it's developed to how it can be improved in those who suffer from low self-esteem due to a negative self-image.**

**Includes resources for further information, sidebars with key word definitions, and color photographs.**

**Available from the Barrack MackinVIA eBook Collection.**

Anderson, Laurie Halse. *Wintergirls*. New York, Penguin Books, 2019. **Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.**

**Available from the Barrack Print Collection.**

Aviv, Zohar. *Wonderhand: Help! Nuts!* Israel, Zohar Aviv, 2016. **This book takes the reader on Hungry Harry's journey. Harry really wants to be tall and thin, and he is lucky enough to have a Wonderhand that comes to his aid and helps him realize his wishes with its special, magical properties. It swaps his body for that of another boy! Now Harry views the world from inside a tall, slim body. But he quickly learns that this body is highly allergic to peanuts and milk.**

**A fascinating and amusing book which promotes social change in accepting others and ourselves.**

**(From Amazon)**

Baron, Chris. *All of Me*. New York, Square Fish, 2020. **"Tackling such difficult subjects as anti-Semitism, self-harm, and family instability with heart-breaking honesty and grace, *All of Me* deftly explores the complex layers of what it means to come of age. Baron's evocative verse beautifully expresses the depth of Ari's feelings; he will be a lifeline to anyone unsure of how they fit in the world." —Joy McCulloch, National Book Award nominated author of *Blood Water Paint*.**

Barson, K. A. *45 Pounds (more or Less)*. New York, Speak, an imprint of Penguin Group (USA), 2014. **"Barson offers up a powerful and poignant novel about hope and love in the midst of common and controversial issues about weight gain, weight loss, and the ability to persevere despite our flaws and predispositions to "eating," or not eating,**

**our emotions. It is a book readers will not want to wait to finish, and when it is done, they will pick it up again." --VOYA, starred review**

Bennett, Michael. *Life Sucks: How to Deal with the Way Life Is, Was, and Always Will Be Unfair*.

Old Saybrook, Tantor Media, 2019. **Provides a guide for adolescents that describe and address different issues they might face as they grow up. Discusses topics such as peer pressure, sex, body image, social media, and academics, listing things teens typically worry about and provides definitions and guidance on how to survive these topics.**

**Available from the Barrack Mackin VIA Audiobook Collection.**

Bialik, Mayim. *Boying Up: How to Be Brave, Bold and Brilliant*. Place of publication not identified, Penguin Group USA, 2018. **Using personal anecdotes as an overly (Jewish) observant mother of two boys and plenty of scientific information from her life as a neuroscientist, Mayim Bialik, PhD, star of *The Big Bang Theory*, talks directly to teen boys about what it means to grow from a boy to a man biologically, psychologically, and sociologically. Using the same cool, fun, and friendly tone that she took in *Girling Up*, Mayim takes boys--and their parents!--through the challenges and triumphs of Boying Up today.**

**Available from the Barrack Print Collection.**

---. *Girling Up: How to Be Strong, Smart and Spectacular*. New York, Philomel Books, 2017. *Gr 7 Up*—According to the author, the transition from girlhood to womanhood (which she dubs "Girling Up") is full of excitement and cause for celebration. However, along the way there are challenges, and what girls today need is reassurance. Bialik, who plays Dr. Amy Farrah Fowler on the television show *The Big Bang Theory* and in real life holds a

doctorate in neuroscience from the University of California, provides readers with just that in this refreshing guide to female development. Topics addressed include puberty, education, romance, and goal setting. The author emphasizes the importance of girls taking charge and being comfortable with their bodies. Ultimately, the author stresses that "Girling Up" does not end with adulthood—it is a lifelong journey. Thanks to Bialik, readers have a road map to make this trip memorable. VERDICT Consider for large memoir and self-help collections.—Jeanette Lambert, formerly at Nashville-Davidson County Schools, TN

**Available from the Barrack Print Collection.**

"Body Image." *Gale Opposing Viewpoints Online Collection*, Gale, 2019. *Gale in Context:*

*Opposing Viewpoints*,

[link.gale.com/apps/doc/PC3010999221/OVIC?u=meri10431&sid=bookmark-OVIC&xid=ed4e75cd](https://link.gale.com/apps/doc/PC3010999221/OVIC?u=meri10431&sid=bookmark-OVIC&xid=ed4e75cd). Accessed 2 July 2021. **Available from the Barrack Collection of Gale**

**Databases.**

Cohen, Rivka, et al. *Monologues from the Makom: Intertwined Narratives of Sexuality, Gender, Body Image, and Jewish Identity*. Teaneck, Ben Yehuda Press, 2020. **A collection of first-person poetry and prose designed to break the observant Jewish community's taboo against open discussion of female sexuality**

**"A loud and needed contribution to the Jewish feminist library... A great step forward in our work towards a Jewish world where women's experiences and voices are heard and valued."**

—Rabbanit Leah Sarna, director of religious engagement, Anshe Sholom B'nai Israel Congregation, Chicago

Cohen, Zafrira Lidovsky. "THE NON-CHOSEN BODY: POETICS AND POLITICS in ALONA KIMHI 'LILY LA TIGRESSE.'" *Hebrew Studies*, vol. 55, 2014, pp. 355-77. *JSTOR*, [www.jstor.org/stable/43151479](http://www.jstor.org/stable/43151479). Accessed 29 June 2021. **Available from the Barrack JSTOR Subscription.**

Crutcher, Chris. *Staying Fat for Sarah Byrnes*. Rev ed., New York, Greenwillow Books, 2018.

**Sarah Byrnes and Eric Calhoun have been friends for years. When they were children, his weight and her scars made them both outcasts. Now Sarah Byrnes—the smartest, toughest person Eric has ever known—sits silent in a hospital. Eric must uncover the terrible secret she's hiding before its dark current pulls them both under.**

**Available from the Barrack Print Collection.**

Dorff, Elliot N., and Louis E. Newman. *Jewish Choices, Jewish Voices: Bodies*. Philadelphia, Jewish Publication Society, 2008. **Part of the JPS ethics series deals with some of the most critical moral issues of our time.**

**What are our obligations and rights to our own bodies? What does Judaism say about tattoos? Piercings? About our obligations to exercise and eat properly? What about smoking? Alcohol? Recreational drugs? Who owns our organs? What about our eggs and sperm? If resources are limited, whose body comes first and how do we decide? Why do so many young Jews suffer from eating disorders?**

**Available from the Barrack Print Collection.**

Dunkle, Elena, and Clare B. Dunkle. *Elena Vanishing: A Memoir*. E-book, San Francisco, Chronicle Books, 2015. **Memoir of Elenda Dunkle about dealing with her severe case of anorexia nervosa. When she was seventeen her body started to break down, she found herself going from hospital to hospital, and Elena realized her own conscience was her greatest enemy.**

**Available from the Barrack Mackin VIA eBook Collection.**

Edut, Ophira. *Adiós, Barbie: Young Women Write about Body Image and Identity*. Seattle, Seal Press, 1998. **A collection of personal multicultural reflections by women who offer their views on society's standard of beauty and of female identity.**

**Available from the Barrack Print Collection.**

Elovic, Ariella, *Cheeky: A Head-to-Toe Memoir*. New York, Bloomsbury Publishing, 2020. **The funny, exuberant, inspiring antidote to body shame--a full-color graphic memoir celebrating the imperfections of the author's female body in all its glory (From Amazon).**

**Essential to her journey is her posse of girlfriends, her "yentas." Together, they discover that sharing "imperfections" and some of the gross and "unsightly" things our bodies produce can be a source of endless laughs and deep bonding. It helps to have a team with some outside perspectives to keep our inner bullies in check (Also from Amazon).**

Fipps, Lisa. *Starfish*. G.P.Putnam's Sons Books for Young Readers', 2021. **Ellie is tired of being fat-shamed and does something about it in this poignant debut novel-in-verse. (From Amazon).**

**Available from the Barrack Mackin VIA Audiobook Collection.**

Garbus, Julia. *Eating Disorders*. E-book, Farmington Hills, Greenhaven Press, a part of Gale, Cengage Learning, 2015. **Explores the issues surrounding eating disorders. Presents diversity of opinion on the topic, including both conservative and liberal points of view in an even balance.**

**Available from the Barrack Gale eBook Collection.**

Goldwasser, Dovid. *Starving to Live : An Inspirational Guide to Eating Disorders*. New York, Judaica Press, 2000. **Starving To Live features: \* An anorexic girl's diary of growing up, becoming a teenager, going away to camp and then learning in a Jerusalem seminary all the while recounting in excruciating detail her continual struggle and the struggle of the girls around her with anorexia. Her diary closes with a hopeful note about recovery. \***

**Available from the Barrack Print Collection.**

Grannick, Carol Coven. *Reeni's Turn*. Raleigh, Fitzroy Books, an imprint of Regal House Publishing, 2020. **A magnificent novel in verse!**

**"Readers will not forget Reeni's passion for dance, her struggles to honor that passion during the turbulence of changes in her life, and her quest to find the balance between body and courage. Carol Coven Grannick is not afraid to show readers a desperate Reeni. But she also gives us the joy of a dancing Reeni. A wonderful story." — Jacqueline Briggs Martin, Author of *BIM, BAM, BOP...AND OONA* and *SNOWFLAKE BENTLEY*.**

Heller, Rachel. "Learn To Love Your Jewish Body: As teenage girls wrestle with their body image, new programs look for solutions in Jewish tradition." *Tablet*, 25 Feb. 2013,

[www.tabletmag.com/sections/community/articles/learn-to-love-your-jewish-body](http://www.tabletmag.com/sections/community/articles/learn-to-love-your-jewish-body)

Accessed 29 June 2021.

Hilb, Jessie. *The Calculus of Change*. Boston, Clarion Books/Houghton Mifflin Harcourt, 2018.

**Aden isn't looking for love in her senior year. She's much more focused on things like getting a solo gig at Ike's and keeping her brother from illegal herbal recreation. But when Tate walks into Calculus class wearing a yarmulke and a grin, Aden's heart is gone in an instant (From Amazon).**

**"The protagonist is a realistic and sympathetic heroine whose struggles with body image, love, and family issues will resonate with teens." —*School Library Journal***

Jones, Grace. *Body Image and the Media*. New York, Crabtree Publishing Company, 2018.

**Discusses the way social media, traditional forms of media, and movies, posters, magazines, and TV perpetuate body image stereotypes and can harm children's self-esteem. Offers tips on self-esteem boosting and how to fight against negative body image messages. Includes a glossary.**

**Available from the Barrack Mackin VIA eBook Collection.**

Jütte, Robert, and Elizabeth Bredeck. *The Jewish Body: A History*. Philadelphia, U of

Pennsylvania P, 2021. **Jütte has written an encyclopedic survey of the Jewish body as it has existed and as it has been imagined from biblical times to the present, often for anti-Jewish purposes. He examines the techniques for caring for the body that Jews acquire in childhood from parents and authority figures and how these have changed over the course of a more than 2000-year history, most of it spent in exile. From consideration of traditional body stereotypes, such as the so-called Jewish nose, to matters of gender and sexuality, sickness and health, and the inevitable end**

of the body in death, *The Jewish Body* explores the historical foundations of human physis in all its aspects.

(From Amazon).

Kelly Jensen, Kelly, editor. *Body talk : 37 Voices Explore our Radical Anatomy*. MackinVIA ed., Chapel Hill, North Carolina, Algonquin Young Readers, 2020. **Contains a collection of thirty-seven essays, lists, comics, and illustrations about body image and the political and social aspects of the human body. Highlights topics such as body size and shape, eating disorders, cancer, sexuality and gender identity, and physical disabilities, and examines their intersectionality with race, gender, and gender identity. Includes additional resources (School Library Journal).**

**Available from the Barrack MackinVIA eBook Collection.**

Klapper. *Ballet Class*. Oxford UP, 2020. A social history, *Ballet Class* takes a new approach to the very popular subject of ballet and helps ground an art form often perceived to be elite in the experiences of regular, everyday people who spent time in barre-lined studios across the United States. Drawing on a wide variety of materials, including children's books, memoirs by professional dancers and choreographers, pedagogy manuals, and dance periodicals, in addition to archival collections and oral histories, this path-breaking study provides a deeply-researched national perspective on the history and significance of recreational ballet class in the United States and its influence on many facets of children's lives, including gender norms, consumerism, body image, children's literature, extracurricular activities, and popular culture.

**Available from the Barrack Print Collection.**

Konner, Melvin. *The Jewish Body*. New York, Nextbook, 2009. **A history of the Jewish people from bris to burial, from "muscle Jews" to nose jobs.**

Koya, Lena, and Mary-Lane Kamberg. *Female Body Image and Self-perception*. New York, Rosen Publishing, 2018. **Profiles a number of female celebrities who have struggled with body image and self-esteem issues. Offers advice from their lives for teenage girls for dealing with the same issues in their own lives.**

**Available from the Barrack MackinVIA eBook Collection.**

Kuessous, Caron. *Eating Attitudes and Behaviors of Orthodox Girls in Grades 3-8: Eating Attitudes, Behaviors, and Body Image of Orthodox Jewish Girls in Grades 3-8*.

Saarbrücken, LAP LAMBERT Academic Publishing, 2009. **205 Orthodox Jewish girls in grades 3-8 attending both coeducational and girls-only schools were conveniently sampled in a cross sectional correlational survey study to examine the relationship between parental attitudes about weight and shape, peer influence, body esteem, self esteem, media influence, and disturbed eating attitudes and behaviors. Finding suggested that high levels of total eating behaviors were associated with high levels of media and parent influence and low levels of body esteem. No relationship was found between total disordered eating behavior and peer influence or self esteem. Results of secondary analyses indicated that body esteem mediated the relationship of sociocultural influence and self esteem with disordered eating behaviors. In addition, secondary analysis indicated that statistically significant differences based on age and school type were found in several areas.**

**(From Amazon).**

Landau, Jennifer. *Teens Talk about Body Image and Eating Disorders*. New York, Rosen YA, 2018. **Teens who suffer from body image issues and eating disorders discuss how these disorders make them feel and how they face the challenges that go along with living with these conditions. Also includes teens talking about how they support their friends living with these conditions.**

**Available from the Barrack Mackin VIA eBook Collection.**

Lucido, Aimee. *Recipe for Disaster*. Versify, 2021. *With a delicious mix of prose, poetry, and recipes, this hybrid novel is another fresh, thoughtful, and accessible Versify novel that is cookin'. - New York Times Best-Selling Author Kwame Alexander*

**Hannah Malfa-Adler is Jew . . . ish. Not that she really thinks about it. She'd prefer to focus on her favorite pastime: baking delicious food! But when her best friend has a beyond-awesome Bat Mitzvah, Hannah starts to feel a little envious ...and a little left out (From Amazon),**

Mackler, Carolyn. *The Earth, My Butt, and Other Big Round Things*. Fifteenth anniversary edition ed., New York, Bloomsbury, 2018. **Carolyn Mackler's Printz Honor book--starring the unforgettably funny, body-conscious Virginia Shreves--returns in this 15th anniversary edition featuring text updates and never-before-seen material from the author.**

---. *The Universe Is Expanding and so Am I*. Paperback edition ed., New York, Bloomsbury, 2019. The sequel to *The Earth, My Butt and Other Big Round Things*.

**From Carolyn Mackler, author of the Printz Honor-winning *The Earth, My Butt,***

*and Other Big Round Things*, comes a story of what happens when the "happily ever after" turns out to be less than perfect.

Mercado, Yehudi. *Chunky*. New York, Katherine Tegen Books, an imprint of HarperCollinsPublishers, HarperAlley, 2021. **In this full-color middle grade graphic memoir for fans of Raina Telgemeier and Jerry Craft, Yehudi Mercado draws inspiration from his childhood struggle with his weight while finding friendship with his imaginary mascot, Chunky, as he navigates growing up in a working class Mexican-Jewish family.**

**(From Amazon).**

*Miss Representation*. 2011. Ro'co Films Educational Girls Club Entertainment. **"Explores how mainstream media contributes to the under-representation of women in influential positions in America and challenges the media's limiting and often disparaging portrayals of women, which make it difficult for the average girl to see herself as powerful."--Container.**

**Available from the Barrack Film Collection.**

Newman, Lesléa. *Fat Chance*. New York, PaperStar Books, 1996. **A diary records a year in the life of Judi Leibowitz as she dreams of becoming the thinnest girl in the eighth grade and struggles to control her unending battle with calories, food, pounds, and bulimia (From Amazon).**

Noble, Danny. *Shame Pudding: A Graphic Memoir*. Brooklyn, Street Noise Books, 2020. **Danny Noble grew up in an eccentric family with two weird and wonderful Jewish grandmas living right around the corner. One grandma stuffed her full of love and gefilte fish, and the other pinched her cheeks shrieking "shayn punim!" The strange**

words hung in the air, sounding like "shame pudding." Was this some sort of insult? It was never explained that those words meant "beautiful face" in Yiddish.

This memoir, told in graphic novel format, is a personal celebration of the author's charming and vibrant family and how they saved her from the machinations of her own brain. It explores resonant adolescent topics of body image, self-determination, insecurity, fear, religious identity, politics, friendship, romantic love, and family relationships. Danny Noble's expressive style brings this delightful cast of characters to life.

**(From Amazon).**

Peyser, Caroline. *Body & Soul: A Guide for Addressing Eating Disorders in a Jewish Education Setting*. Jerusalem, Academy for Torah Initiatives and Directions, 2005. **"Body and Soul"** addresses the problem of eating disorders in the Jewish community, reviews effective policies for therapy and treatment, and suggests ways for Jewish schools--especially "Overseas Programs" in Israel--to deal with the challenge within an educational setting and as part of a larger educational campaign for healthy living and self-image.

**Available from the Barrack Print Collection.**

Pipher, Mary Bray. *Reviving Ophelia: Saving the Selves of Adolescent Girls*. New York, Ballantine Books, 2001. *Reviving Ophelia* is a call to arms from Dr. Mary Pipher, a psychologist who has worked with teenagers for more than a decade. She finds that in spite of the women's movement, which has empowered adult women in some ways, teenage girls today are having a harder time than ever before because of higher levels of violence and sexism. The current crises of adolescence - frequent suicide attempts,

dropping out of school and running away from home, teenage pregnancies in unprecedented numbers, and an epidemic of eating disorders - are caused not so much by "dysfunctional families" or incorrect messages from parents as by our media-saturated, lookist, girl-destroying culture. Young teenagers are not developmentally equipped to meet the challenges that confront them.

**Available from the Barrack Print Collection.**

Salkin, Jeffrey K. *Text Messages: A Torah Commentary for Teens*. Woodstock, Jewish Lights, 2013. **A collection of messages on each Torah portion, specifically for today's teens, this book shows young people how each Torah portion contains worlds of meaning for them, for what they are going through in their lives, and how they can shape their Jewish identity as they enter adulthood. Addressing the concerns of young adults, it shows how the Torah can help teens deal with issues including:**

**Interpersonal relationships Social justice Sexuality and gender issues Personal ethics Responsibility to family Community and the Jewish people Body image Tattoos Community service The meaning of faith Authority and rebellion The role of ritual Personal theology Prayer Civility Living safely Dealing with disabilities Challenges of eating morally This groundbreaking spiritual resource is truly trans-denominational—including the insights of over 100 Jews who identify as Reform, Conservative, Orthodox, Reconstructionist, Renewal, post-denominational and "just Jewish." They are rabbis, cantors, educators, authors and community leaders. Orthodox, Reconstructionist, Renewal, post-denominational and "just Jewish." They are rabbis, cantors, educators, authors and community leaders.**

**Available from the Barrack Print Collection.**

Schwartz, E. J. *Before We Were Blue*. Mendota Heights, Flux, 2021. **Get healthy on their own—or stay sick together?**

**At Recovery and Relief, a treatment center for girls with eating disorders, the first thing Shoshana Winnick does is attach herself to vibrant but troubled Rowan Parish. Shoshana—a cheerleader on a hit reality TV show—was admitted for starving herself to ensure her growth spurt didn't ruin her infamous tumbling skills. Rowan, on the other hand, has known anorexia her entire life, thanks to her mother's "chew and spit" guidance. Through the drudgery and drama of treatment life, Shoshana and Rowan develop a fierce intimacy—and for Rowan, a budding infatuation that neither girl expects.**

**(From Goodreads).**

Stayman-London, Kate. *One to Watch*. Unabridged. ed., Penguin Random House, 2020. **After successful plus-size fashion blogger Bea Schmuacher rants in a social media post about the lack of body diversity on her favorite reality TV dating show, executives from the show invite Bea to be their next contestant. Bea agrees, but only because she wants to advance her career. Unfortunately, Bea finds herself falling for some of her contestant suitors and is torn about whether or not to trust her heart.**

**Available in ebook format from the Jack M. Barrack Hebrew Academy MackinVIA collection.**

Werner, Aviva, et al. *Today's Hot Topics*. Springfield, Behrman House Publisher, 2016. **Help teens consider today's complex issues (including body image from a Jewish perspective).**

**Jewish values can help us teach and navigate the challenges of our current age. Whether those issues are digital, medical, social, or ethical, Today's Hot Topics encourages students, teachers, and families to explore them thoughtfully and develop their own opinions informed by Jewish values.**

**Available from the Barrack Print Collection.**

Wiseman, Rosalind. *Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World*. 3rd ed., New York, Harmony, 2016. "Wise, humorous, life-affirming advice for parents that is utterly respectful of girls. I recommend parents mark it up, turn the corners of pages, and heed Wiseman's creative and practical strategies for guiding girls along the sometimes treacherous pathways of growing up today. Queen Bees and Wannabes is Mapquest for parents of girls, from fifth grade all the way to young adulthood."—Patricia Hersch, author of *A Tribe Apart: A Journey into the Heart of American Adolescence*.

**Available from the Barrack Print Collection.**