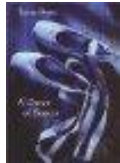


# Mirror, Mirror, on the Wall

Teens and Body Image  
MS=Middle School HS=High School

## Fiction:



### ***A Dance of Sisters***

Tracey Porter

YA Port

Although almost totally consumed by her ballet training and her obsession with controlling her weight, 13-year-old Delia finds time to worry about her strange and rebellious older sister Pearl, who has been sent away to a private school. MS/HS



### ***The Earth, My Butt, and Other Big Round Things***

Carolyn Mackler

YA Mack

Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, 15-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her. HS



### ***Insatiable: The Compelling Story of Four Teens, Food and its Power***

Eve Eliot

YA Elio

The intertwining stories of four teenage girls dealing with eating disorders and self-mutilation, based on true-life case histories. MS/HS

Sequel:

*Ravenous: The Stirring Tale of Teen Love, Loss, and Courage*



### ***Keeping the Moon***

Sarah Dessen

YA Dess CD YA Dess

15-year-old Colie, a former fat girl, spends the summer working at a beachside restaurant, staying with her overweight and eccentric aunt Mira, and trying to explore her sense of self. MS/HS

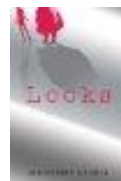


### ***Life in the Fat Lane***

Cherie Bennett

YA Benn

16-year-old Lara, winner of beauty pageants and Homecoming Queen, is distressed and bewildered when she starts gaining weight and becomes a fat girl. HS



### ***Looks***

Madeleine George

YA Geor

Two high school girls, one an anorexic poet and the other an obese loner, form an unlikely friendship. HS



### ***My Big Nose and Other Natural Disasters***

Sydney Salter

YA Salt

Thinking her life would be perfect if not for her "Super Schnozz," Jory gets a job to save up for plastic surgery. HS



### ***Perfect***

Natasha Friend

YA Frie

Following the death of her father, 13-year-old Isabelle uses bulimia as a way to avoid her mother's and younger sister's grief, as well as her own. MS/HS



**Pretty Face**

Mary Hogan  
YA Hoga

When an overweight high school student from Santa Monica spends the summer in Italy, she learns to relish life and understand the true meaning of beauty. HS



**Smile**

Raina Telgemeier  
YA Telg

This graphic novel is the memoir of Raina, who from sixth through tenth grade, copes with a variety of dental problems that affect her appearance and how she feels about herself. MS/HS



**Staying Fat for Sarah Byrnes**

Chris Crutcher  
YA Crut

The daily class discussions about the nature of man, the existence of God, abortion, organized religion, suicide and other contemporary issues serve as a backdrop for an overweight high-school senior's attempt to answer his friend's dramatic cry for help. HS



**Thinandbeautiful.com**

Liane Shaw  
YA Shaw

Maddie and the girls she chats with online are dangerously obsessed with weight control – and in denial about the problem. HS



**Wintergirls**

Laurie Halse Anderson  
YA Ande CD YA Ande  
PLAY YA Ande

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder. HS

Non-fiction:



**Distorted: How a Mother and Daughter Unraveled the Truth, the Lies, and the Realities of an Eating Disorder**

Lorri Antosz Benson & Taryn  
Leigh Benson  
YA 618.928526 Bens

This book provides both sides of the story: alternating mother-daughter perspectives on one teen's battle with anorexia and bulimia. HS



**Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back**

Katherine Schwarzenegger  
YA 158.1082

The daughter of actor and politician Arnold Schwarzenegger encourages girls and their mothers toward a new way of seeing beauty. MS/HS



**Stick Figure: A Diary of My Former Self**

Lori Gottlieb  
YA 616.8526 Gott

A memoir of an 11-year old girl struggling with anorexia-nervosa during the 1970s. MS/HS

Researched and compiled by F. Lehman 10/2010



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