

Official Book Club Guide to: [Hot & Heavy: Fierce Fat Girls on Life, Love and Fashion](#)

Dear Fierce Fatty,

Thank you for buying Hot & Heavy! So you and some of your friends love this book so much you want to feature it for your ferocious book club. Well, I wanted to give you a little head start on some questions to consider while reading or discussing it. Talk amongst yourselves over some pinot and dark chocolate. Bon appétit!

Xo,

Virgie

1. Was this your first time reading a fat positive book? Whether you answered yes or no, how did it feel to see and read words like “fat” or “bbw” in the context of positivity? Did you feel resistance, joy, frustration, relief, pain or another emotion?
2. What themes in the book had the most draw for you (e.g., sex, family, dating, activism, fashion)? Why?
3. The anthology format—including many women’s voices in a collection—is a traditional feminist form. Whose voices felt most familiar? Whose voices felt most new? Did you like the familiar voices as much as you liked the new voices?
4. Were you surprised by any of your reactions to the book?
5. Which essay, if any, reminded you the most of yourself or someone close to you?
6. Were there ideas in the book that you disagreed with?
7. Did any part of the book change one of your pre-existing ideas?
8. When discussions of sex in the book came up, what were your reactions? Did you feel excited or embarrassed? Why? Interrogate the feelings by journaling about your history with sex for 10 minutes.
9. The book talks a lot about family, friend and romantic relationships and how they impacted these women’s feelings about their bodies. What relationships have been influential in the way you think about your body?
10. What does “fierce” mean to you? Who are the “fierce fatties” in your life?