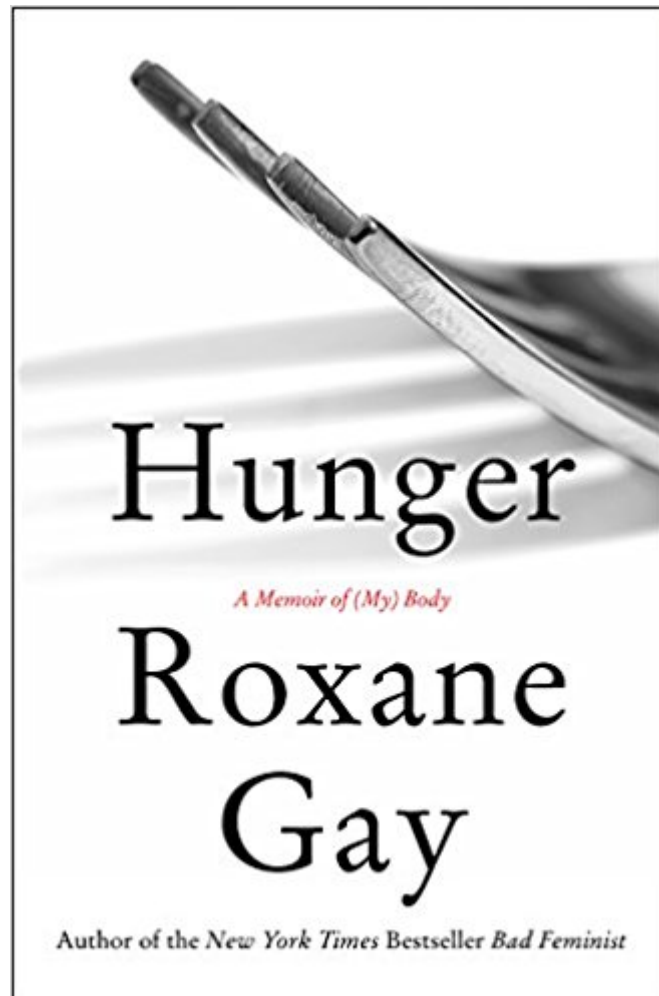




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# Hunger: A Memoir Of (My) Body



## Synopsis

The Instant New York Times Bestseller • From the New York Times best-selling author of *Bad Feminist*, a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. • I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe. • A New York Times bestselling author Roxane Gay has written with intimacy and sensitivity about food and bodies, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as "wildly undisciplined," Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she casts an insightful and critical eye on her childhood, teens, and twenties—including the devastating act of violence that acted as a turning point in her young life—and brings readers into the present and the realities, pains, and joys of her daily life. • With the bracing candor, vulnerability, and authority that have made her one of the most admired voices of her generation, Roxane explores what it means to be overweight in a time when the bigger you are, the less you are seen. *Hunger* is a deeply personal memoir from one of our finest writers, and tells a story that hasn't yet been told but needs to be. •

## Book Information

Hardcover: 320 pages

Publisher: Harper (June 13, 2017)

Language: English

ISBN-10: 0062362593

ISBN-13: 978-0062362599

Product Dimensions: 5.5 x 1 x 8.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 252 customer reviews

Best Sellers Rank: #1,106 in Books (See Top 100 in Books) #1 in Books > Gay & Lesbian >

Parenting & Families #2 in Books > Biographies & Memoirs > Specific Groups > LGBT #4

in Books > Biographies & Memoirs > Professionals & Academics > Culinary

## Customer Reviews

An Best Book of June 2017: If you're a woman in America, chances are, no matter your size,

you probably have a somewhat fetishistic relationship with food. We obsess over having too much, too little (to a lesser degree); we use terms like stealing a bite and guilty pleasure--things that evoke shame, and are meant to keep our bodies in line. For those that fit that (ever narrowing) bill, congratulations! Clothes are designed to fit you, kale growers love you, and so does society. You bask in its glow. The rest risk being in shadow, which is exactly where Roxane Gay wanted to be. In her brutally honest and brave memoir *Hunger*, Gay recounts a childhood sexual assault that led her to purposely gain weight in order to be unseen and therefore "safe." Gay warns at the beginning of the book that if you're looking for a triumphant weight loss memoir, this is not it. But *Hunger* is a triumph nonetheless. It's a story not easily told, but the telling set her free. And through Gay's experience we learn one of lessons she eventually did, that "all of us have to be more considerate of the realities of the bodies of others, and more accepting of our own." --Erin Kodicek, The Book Review

"Luminous. . . . intellectually rigorous and deeply moving." (The New York Times Book Review) "It turns out that when a wrenching past is confronted with wisdom and bravery, the outcome can be compassion and enlightenment" both for the reader who has lived through this kind of unimaginable pain and for the reader who knows nothing of it. Roxane Gay shows us how to be decent to ourselves, and decent to one another. *HUNGER* is an amazing achievement in more ways than I can count." (Ann Patchett) "A gripping book, with vivid details that linger long after its pages stop. . . . *Hunger* is arresting and candid. At its best, it affords women, in particular, something so many other accounts deny them: the right to take up space they are entitled to, and to define what that means." (The Atlantic) "A work of staggering honesty . . . . Poignantly told." (The New Republic) "The book's short, sharp chapters come alive in vivid personal anecdotes. . . . And on nearly every page, Gay's raw, powerful prose plants a flag, facing down decades of shame and self-loathing by reclaiming the body she never should have had to lose." (Entertainment Weekly) "Her spare prose, written with a raw grace, heightens the emotional resonance of her story, making each observation sharper, each revelation more riveting. . . . It is a thing of raw beauty." (USA Today) "Her spare prose, written with a raw grace, heightens the emotional resonance of her story, making each observation sharper, each revelation more riveting. . . . It is a thing of raw beauty." (Associated Press) "This is the book to read this summer . . . she's such a compelling mind . . . . Anyone who has a body should read this book." (Isaac Fitzgerald on the Today show) "Bracingly vivid. . . . Remarkable. . . . Undestroyed, unruly, unfettered, Ms. Gay, live your life. We are all better for having you do so in the same ferociously

honest fashion that you have written this book.â• (Los Angeles Times)âœUnforgettable. . . . Breathtaking. . . . We all need to hear what Gay has to say in these pages. . . . Gay says hers is not a success story because itâ™s not the weight-loss story our culture demands, but her breaking of her own silence, her movement from shame and self-loathing toward honoring and forgiving and caring for herself, is in itself a profound victory.â• (San Francisco Chronicle)âœHunger is Gay at her most lacerating and probing. . . . Anyone familiar with Gayâ™s books or tweets knows she also wields a dagger-sharp wit.â• (Boston Globe)âœWrenching, deeply moving. . . a memoir thatâ™s so brave, so raw, it feels as if [Gay]â™s entrusting you with her soul.â• (Seattle Times)âœSearing, smart, readable. . . . âœHunger,â• like Ta-Nehisi Coatesâ™ âœBetween the World and Me,â• interrogates the fortunes of black bodies in public spaces. . . .âœ Nothing seems gratuitous; a lot seems brave. There is an incantatory element of repetition to âœHungerâ•: The very short chapters scallop over the reader like waves.â• (Newsday)âœIt is a deeply honest witness, often heartbreaking, and always breathtaking. . . . Gay is one of our most vital essayists and critics.â• (Minneapolis Star Tribune)âœSearing.â• (Miami Herald)âœThis raw and graceful memoir digs deeply into what it means to be comfortable in oneâ™s body. Gay denies that hers is a story of âœtriumph,â• but readers will be hard pressed to find a better word.â• (Publishers Weekly (starred review))âœA heart-rending debut memoir from the outspoken feminist and essayist. . . . An intense, unsparingly honest portrait of childhood crisis and its enduring aftermath.â• (Kirkus Reviews (starred review))âœDisplays bravery, resilience, and naked honesty from the first to last page. . . . Stunning . . . essential reading.â• (Library Journal (starred review))âœItâ™s hard to imagine this electrifying book being more personal, candid, or confessional. . . . In 88 short, lucid chapters, Gay powerfully takes readers through realities that pain her, vex her, guide her, and inform her work. The result is a generous and empathic consideration of what itâ™s like to be someone else: in itself something of a miracle.â• (Booklist (starred review))âœA work of exceptional courage by a writer of exceptional talent.â• (Shelf Awareness (starred review))Praise for Bad Feminist:âœA strikingly fresh cultural critic.â• (Ron Charles, Washington Post)âœRoxane Gay is the brilliant girl-next-door: your best friend and your sharpest critic. . . . She is by turns provocative, chilling, hilarious; she is also required reading.â• (People)âœ[Gay is] hilarious. But she also confronts more difficult issues of race, sexual assault, body image, and the immigrant experience. She makes herself vulnerable and itâ™s refreshing.â• (Tanvi Misra, Atlantic, "The Best Book I Read This Year")

I read this book in one sitting. No possible way that anything could stand in the way of Roxane

Gay's collection, "Hunger: A Memoir of (My) Body"! I sobbed through each essay as Gay revealed her depth and each secret was stripped and empowered on the page! This is by far the fiercest and most unforgettable memoir I have read to date! Some quotes:"My warmth was hidden far from anything that could bring hurt because I knew I didn't have the inner scaffolding to endure anymore hurt in those protected places.""Do my boundaries exist if I don't voice them?""The thing about shame is that there are no depths. I have no idea where the bottom of my shame resides.""There is a price to be paid for visibility and there is even more of a price to be paid when you are hypervisible."Make sure when you get a copy that you have time to read it through because you will not want to do anything else! LOVE LOVE Roxane Gay! This is her most powerful work to date!

Deep, incisive, beautiful. Roxane Gay is a treasure that we must all read! I loved this book so so much.

Haunting. Beautifully written. This memoir does what it sets out to do; it shares a personal story and through that story shows the deeply political experience of living in an unruly body in a culture in which brownness, weight, disability, and even gender stand in for undisciplined bodies.

I can't say this was an enjoyable book to read because of the subject matter. But it was very well written and drew you in. Roxane Gay drew you in to her experience as a young teen and on to be an adult. I think she did a very good job of involving you in her life experience.

Not an easy book to read but an important one. The author lays bare her story and journey and you feel her anguish and her strength. I won't forget this book.

Raw real honest sharing deep secrets secrets that are so sad so horrible to read. At the same time Roxane is blessed with an amazing family who always are there for her no matter how she acts, Roxane's view of the world opens our eyes to what life is like for overweight people & the way they are judged. Roxane has written a book that needs to be passed from friend to friend & openly discussed. Roxane's writing is extraordinary.

This book was confessional, honest, and written from the perspective of someone who isn't in denial about the role of fat humans in our society.

An amazing book full of drama, thoughtfulness, and commiseration. The author's brutal honesty will ring true to anyone whose body has ever been an issue for others.

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