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FAT POETS SPEAK

VOICES OF THE
FAT POETS' SOCIETY



KATHY BARRON ANNE S. KAPLAN
CORINNA MAKRIS LESLEIGH J. OWEN
FRANNIE ZELLMAN

EDITED BY
FRANNIE ZELLMAN

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In a sociocultural climate in which fat bodies are considered diseased and blamed for everything from rising medical costs to global warming, it takes courage for fat women, especially, to express anything but shame about their bodies. *Fat Poets Speak* is part of and intended for the growing movement reclaiming "fat" as a valid way to exist in the world.

The Fat Poets' Society was born during a poetry workshop at the 2006 annual convention of the National Association to Advance Fat Acceptance, a civil rights organization. The poets are donating their royalties to NAAFA.

POETRY

PRICE: \$14.95

SMART, SASSY, SENSUAL AND SOULFUL—
Five women celebrate the poetry and process
of fat embodiment.

We are

WIVES mothers
daughters
TEACHERS writers
philosophers
athletes COACHES
dancers
SWIMMERS
comedians
doctors



ACTIVISTS
lawyers
lovers
FRIENDS
factory workers
social workers
ROMANTICS
intelligent
funny
SEXY
powerful
fat women.

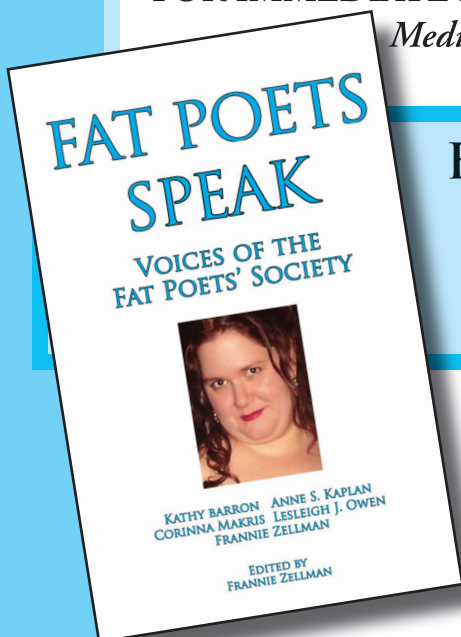
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FAT POETS' SOCIETY SHARES THE POETRY & PROCESS OF FAT EMBODIMENT

ROYALTIES FROM NEW ANTHOLOGY WILL GO TO NATIONAL ASSOCIATION TO ADVANCE FAT ACCEPTANCE

NASHVILLE, TN—In a sociocultural climate in which fat bodies are considered diseased and blamed for everything from rising medical costs to global warming, it takes courage for fat women, especially, to express anything but shame about their bodies. *Fat Poets Speak: Voices of the Fat Poets' Society*, just released by Pearlsong Press, is part of and intended for the growing movement reclaiming “fat” as a valid way to exist in the world.

The 126-page original trade paperback by Kathy Barron, Anne S. Kaplan, Corinna Makris, Lesleigh J. Owen and Frannie Zellman has its roots in a poetry workshop at the 2006 annual convention of the National Association to Advance Fat Acceptance, a civil rights organization celebrating its 40th anniversary this year. The poets are donating their royalties to NAAFA.

“I have written poetry since the age of six,” Zellman, who edited *Fat Poets Speak*, says in the book’s introduction, “but somehow felt that I was writing in a dream before I realized less than ten years ago that I had never been centered as a poet because I had never been able to write about my own body and feelings as a fat person.

“In this book you will meet us: five fat poets writing about our hopes, despair, happiness, sensuality, dreams, hurts, healing, exhilaration—about what it is to be alive and fat in a world that hates fat people, but in which we somehow persevere to make ourselves heard and ultimately celebrate.”

Zellman, a Cherry Hill, NJ resident, received her M.A. in creative writing from Boston University in 1980 and is also the author of the novel *FatLand* (Pearlsong Press, January 2009). Zellman is a pseudonym for Fern Kant Ghauri.

Co-author Kathy Barron lives in Grosse Pointe Woods, MI., has a B.A. in English from the University of Michigan, ran her own health food store, and has worked as a bodyworker, energy healer and caregiver.

Anne S. Kaplan of Rochester, NY is a Certified Personal Business and Life Coach, a “recovering scientist” with a Ph.D. in neuroscience, and a former computer programmer and consultant.

Corinna Makris of Lake Peekskill, NY is the proprietress of ThisLushLife.com, an online plus-size clothing/living resource.

Lesleigh J. Owen recently earned a Ph.D. in sociology and is a college instructor and social activist. She lives in Pasadena, CA and is president of the Los Angeles NAAFA chapter.

Fat Poets Speak: Voices of the Fat Poets Society (\$15.95) is available from Amazon.com, Powells.com and other online retailers, as well as directly from the publisher at www.pearlsong.com.

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THE FAT POETS' SOCIETY AUTHORS

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CORINNA MAKRIS



LESLEIGH J. OWEN



KATHY BARRON



ANNE S. KAPLAN

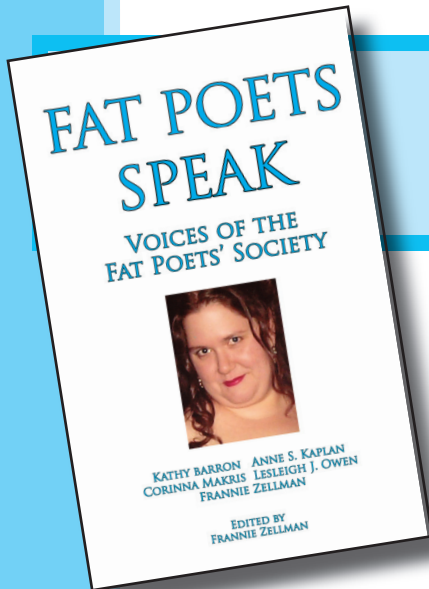


FRANNIE ZELLMAN



KATHY BARRON has a B.A. in English from the University of Michigan, ran her own health food store, worked as a bodyworker, energy healer and caregiver, and now is pursuing her dream of writing. | **ANNE S. KAPLAN** is a Certified Personal Business and Life coach, a “recovering scientist” with a Ph.D. in neuroscience, and a former computer programmer and consultant. | **CORINNA MAKRIS** is the proprietress of ThisLushLife.com, an online plus-size clothing/living resource. | **LESLEIGH J. OWEN** has a Ph.D. in sociology and is a college instructor and social activist. | **FRANNIE ZELLMAN** received her MA in creative writing from Boston University and is the author of the novel *FatLand*, also published by Pearlsong Press (January 2009).

An Excerpt from



FAT POETS SPEAK

VOICES OF THE FAT POETS' SOCIETY

INTRODUCTION

There are now numerous blogs devoted to the idea that fat people should not only accept themselves, but liberate themselves from thin supremacy, the idea that thin people are somehow better and deserve to rule over fat people.

But there are still very few places on the Net or in real life where fat people can write and share poetry that speaks to their lives and concerns and wishes. Partly with this in mind, NAAFA—the National Association to Advance

Fat Acceptance—held the first workshop devoted to “Fat Poetry” at its yearly convention in July 2006. Those who participated were made members of the Fat Poets’ Society (FPS).

It is difficult for me even to try to explain how liberating and exhilarating it was to talk with poets about writing poetry that spoke to the issues and concerns we have as fat people in a thin-centric society. But it was twice as exhilarating to write with them as we all looked within ourselves and around and about to produce poems that spoke to our fat selves.

I have written poetry since the age of six, but somehow felt that I was writing in a dream before I realized less than ten years ago that I had never been centered as a poet because I had never been able to write about my own body and feelings as a fat person.

In this book you will meet us: five fat poets writing about our hopes, despair, happiness, sensuality, dreams, hurts, healing, exhilaration—about what it is to be alive and fat in a world that hates fat people, but in which we somehow persevere to make ourselves heard and ultimately celebrate.

We, members of the Fat Poets’ Society, are Kathy Barron, Anne Kaplan, Lesleigh Owen, Corinna Makris and Frannie Zellman. Welcome to our world.

Our biographies are at the end of the book.

FRANNIE ZELLMAN

Editor

“Do you see a human being
when you look at me?
Or just a thing
to be changed,
carved,
molded
into some form
of cookie-cutter perfectionism?”

KATHY BARRON



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