



Date : 09/11/2022

Pages : 164

Format cm : 14 x 21

Prix : 16.9

EAN : 9782226461261

I'm Your Worst Nightmare!

Author: Kiyémis

Publisher : Albin Michel

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Fatphobia - Discrimination - Black feminism - Body positive - Intersectionality

Putting an end to the cult of the hot girl!

In this manifesto, Kiyémis looks back on her journey as a fat black woman.

How can you be a feminist while jealous of other women whose beautiful bodies conform to society's demands?

How can you advocate for the beauty of every body type when you've absorbed a hatred for your own? How can you love your fat body when gaining weight is the worst nightmare of most women around you?

Kiyémis's own experience of these contradictions provide fertile ground for innovative, Afro-feminist, body-positive reflections. She shines an unforgiving light on the flaws in our personal and collective relationship with our bodies and the mechanisms of humiliation and repression reinforcing the "norm."
