

CONTENTS

Introduction xi

1. Made in the Image of God 1
2. The Body of Christ 17
3. Thinness Is Not Next to Godliness 37
4. Comparing Fatness and Gluttony 61
 5. Honoring the Temple 79
6. But What about Your Health? 99
 7. Diet Devotionals 129
8. Fat Girls and Righteous Foxes 153
 - The Church That Eats
9. Together Stays Together 181
10. Live a Fat-Positive Life 203
11. Be a Fat-Positive Community 215

*Epilogue: A Prayer of Blessing for Fat Rolls
and Thunder Thighs* 229

Appendix: Resources for a Fat-Positive Life 231

Acknowledgments 242