Things I Learned from Fat People on the Plane
Written and Performed by Kimberly Dark

Things I Learned from Fat People on the Plane asks, “What’s a fat, sexy, middle-aged babe have to do to get a ticket on the Respect Express (with a seatbelt big enough for safety)?”

Definition: stigma
noun: stigma;
plural noun: stigmas
1. mark of disgrace associated with a particular circumstance, quality, or person

Some of the stories in this performance are also available in print, often in extended formats:


“A culture fixated on female thinness is not an obsession about female beauty, [it is] an obsession about female obedience. Dieting is the most potent political sedative in women’s history; a quietly mad population is a tractable one.”
- Naomi Wolf

Remember:
human dignity is inviolable.
Yes, this means you.
And everyone else.
Peace.

Learn more about the Health at Every Size Movement at www.haescommunity.com.

Further dialogue about body politics, intersectionality and social justice?
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*The song “You Need a Great Big Woman” was written and performed by Candye Kane and is used with permission. Buy her music via www.candyekane.com.