

## VIRGINIA SOLE-SMITH

*“Lucky for all of us with bodies, Virginia Sole-Smith is a visionary. She generously guides grown-ups toward unlearning everything we’ve been taught about weight and worth and teaches us to show young people that they are always enough just as they are.” —Angela Garbes, author of Essential Labor*

**As a journalist, Virginia Sole-Smith has reported from kitchen tables and grocery stores, graduated from beauty school, and gone swimming in a mermaid’s tail.**

Virginia’s latest book, *Fat Talk: Parenting in the Age of Diet Culture*, investigates how the “war on childhood obesity” has caused kids of all ages to absorb a daily onslaught of body shame from peers, school, diet culture, and parents themselves — and offers research-based strategies to help parents name and navigate the anti-fat bias that infiltrates our schools, doctor’s offices, and family dinner tables.

In her first book, *The Eating Instinct: Food Culture, Body Image and Guilt in America*, Virginia explored how we can reconnect to our bodies, and our own innate understanding of how to eat, in a culture that’s constantly giving all of us, but especially women, so many mixed messages about both those things.

Virginia is a frequent contributor to the *New York Times*. Her work also appears in the *New York Times Magazine*, *Scientific American*, and many other publications. She writes the newsletter *Burnt Toast*, where she explores fatphobia, diet culture, parenting and health, and hosts the *Burnt Toast Podcast*. Virginia lives in New York’s Hudson Valley with her husband, two daughters, a cat, a dog, and way too many houseplants.