These are 30 of the best body positive books you can read right now to expand your knowledge of your body -- as well as the bodies populating this world. Body positivity was born from the fat positive movement, a radical and revolutionary movement from the 1960s that spoke up and advocated for the rights of fat people. They revolted against size discrimination. In the last couple of decades, body positivity has been in vogue. Where fat positivity was specific in goals and aims, body positivity is a more watered down version, based on the idea that all bodies are good bodies and that every person has something—maybe even multiple somethings—they’re not happy with. It doesn’t have to be their size. Focus on what your body can do, not what it looks like. Be kind to yourself and others. Instead of lashing out or isolating yourself when you’re angry or unhappy, try to talk it out. Anger can be helpful when it leads to change. There’s no reason to be ashamed about your body. Strong emphasis on confidence and being true to yourself. Warns against drugs, alcohol, and cigarettes. Are you happy with the way your body is changing? What messages in this book were most helpful to you? This book gives a lot of attention to girls’ concerns about body image. Do you think there’s an ideal body type? Do you compare yourself to other girls, or models, or actresses? Do you have questions this book didn’t answer? This is a great book on body language. It covers both how to read cues and how to adjust your own body language. It contains a LOT of illustrations which helps tremendously. It could be a bit more detailed, and the humor is pretty childish at times. This is an OK book on body language, but there are better ones (Like the ones by the beginning of this guide) that are more actionable. It covers all the usual stuff, like how to pick up on what others mean and how to improve your own body language. On the upside, it has great illustrations, which is why I think it deserves a place on this list. 3.19 stars on Goodreads.