

Big Girls (and Boys) Don't Cry

Books about Teens with weight issues

The Upside of Unrequited by Becky Albertalli

Avoiding relationships to protect her sensitive heart, plus-sized Molly supports her once-cynical twin, Cassie, when the latter has her own bout of lovesickness, a situation that is complicated by sibling dynamics and an unexpected romantic triangle.

13 Ways of Looking at a Fat Girl by Mona Awad

Follows Lizzie, a young woman growing up in Mississauga, as she fights her way from fat to thin, but who still, even as a married adult woman, sees herself as a fat girl.

45 Pounds, (More or Less) by K.A. Barson

Here are the numbers of Ann Galardi's life: She is 16 and a size 17. Her perfect mother is a size 6. Her aunt Jackie is getting married in 10 weeks and wants Ann to be the bridesmaid. So Ann makes up her mind: Time to lose 45 pounds (more or less) in two and a half months.

This Book isn't Fat, it's Fabulous by Nina Beck

Manhattan IT Girl Riley is no pudgy wallflower. She's brash, bold, fashionable, and yes, fabulous. When Riley's dad and wicked stepmother ship her off to a two-week fat camp she's miserable but then Riley gets to know adorable Eric, who sees beyond her tough exterior.

Life in the Fat Lane by Cherie Bennett

Thin, pretty, and talented, Lara is at the pinnacle of teenage popularity. But when she starts gaining weight for unexplained reasons, she fears her world will end. Lara is finally diagnosed with a mysterious metabolic disorder with no known cure.

Teenage Waistland by Lynn Bierderman

In their separate voices, three morbidly obese New York City teens relate their experiences participating in a clinical trial testing lap-band surgery for teenagers which involves a year of weekly meetings and learning to live healthier lives.

Fat Cat by Robin Brande

Overweight teenage Catherine embarks on a high school science project in which she must emulate the ways of hominids, the earliest ancestors of human beings, by eating an all-natural diet and foregoing technology, both of which will not only change her body but change her life.

Kissing the Rain by Kevin Brooks

Fifteen-year-old Moo Nelson, shy, overweight, and bullied by his classmates, finds his life spinning out of control after he witnesses a car chase and a fight that results in a murder.

Fat Angie by e. E. Charlton-Trujillo

Fat Angie's sister was captured in Iraq, she's the resident laughingstock at school, and her therapist tells her to count instead of eat. Can a daring new girl in her life really change anything?

Skinny by Donna Cooner

After undergoing gastric-bypass surgery, a self-loathing, obese teenaged girl loses weight and makes the brave decision to start participating in high school life, including pursuing her dream of becoming a singer and finding love.

Staying Fat for Sarah Byrnes by Chris Crutcher

What do you get when you throw together a girl--a burn victim whose face and hands are badly scarred--and the fattest boy in high school? Two kids with the 'terminal uglies' who are inseparable best friends...until the boy begins to shed extra pounds and the truth of the girls finally catches up with her.

Keeping the Moon by Sarah Dessen

Fifteen-year-old Colie, a former fat girl, spends the summer working as a waitress in a beachside restaurant, staying with her overweight and eccentric Aunt Mira, and trying to explore her sense of self.



Payback Time by Carl Deuker

Overweight, somewhat timid Mitch reluctantly agrees to be the sports reporter for the Lincoln High newspaper because he's determined to be a writer, but he senses a real story in Angel, a talented football player who refuses to stand out on the field--or to discuss his past.

Fat Girl on a Plane by Kelly DeVos

A supermodel's daughter finds her ambition to pursue a career as a plus-size fashion designer compromised by industry discrimination, a situation that changes years later when she discovers that losing weight has not improved her happiness or self-esteem.

You and Him and Me by Kris Dinnison

Maggie and Nash are outsiders. She's overweight. He's out of the closet. The best of friends, they have seen each other through thick and thin, but when Tom moves to town at the start of the school year, they have something unexpected in common: feelings for the same guy.

Looks by Madeline George

Meghan is just as fat Aimee is blade thin. Despite her size, Meghan can will herself to invisibility except around certain bullies, while Aimee's anger is only subsided with poetry and hunger pangs. The girls meet and form an unlikely, uneasy alliance to get even with their bullies and frenemies.

Losing the Field by Abbi Glines

Told in separate voices, seventeen-year-old Tallulah Liddell, overweight, insecure, and angry at being ridiculed by football star Nash, and Nash, lost and bitter after an accident, unexpectedly find themselves falling in love

Fat Kid Rules the World by K.L. Going

Troy Billings is 17, 296 pounds, friendless, depressed, and suicidal. But one day, he meets Curt, an emaciated, semi-homeless, high school dropout guitar genius. Soon, Curt's recruited Troy as his new drummer, even though Troy can't play the drums. Together, Curt and Troy will change the world of punk, and Troy's own life, forever.

Get Well Soon by Julie Halpern

When her parents confine her to a mental hospital, an overweight teenage girl, who suffers from panic attacks, describes her experiences in a series of letters to a friend. Sequel: **Have a Nice Day**.

Fat Boy vs. the Cheerleaders by Geoff Herbach

When the high school cheerleading team takes over a soda vending machine's funds, which were previously collected by the pep band, Gabe Johnson, an overweight "band geek" tired of being called names and looked down on, declares war.

Things We Have in Common by Tasha Kavanagh

A high school misfit who desperately wants to fit in, notices a strange, sinister-looking man stalking the most popular girl in the school, and develops a relationship with him despite her resolution to use him to become a hero.

The DUFF: Designated Ugly Fat Friend by Kody Keplinger

Seventeen-year-old Bianca Piper starts sleeping with Wesley Rush, a notorious womanizer who disgusts her, in order to distract her from her personal problems, and to her surprise, the two of them find they have a lot in common and are able to help each other find more productive ways to deal with their difficulties.

Butter by Erin Jade Lange

They call him 'Butter,' but this lonely obese boy vows to have the last laugh. His plan to eat himself to death while streaming the broadcast live on the Internet attracts all kinds of attention. The closer Butter gets to the suicide date, the more popular he seems to become. Now he must choose between killing himself and living with the consequences if he changes his plans.

Future Perfect by Jen Larsen

Every year on her birthday Ashley's exacting grandmother offers her gifts in exchange for pounds. 50 pounds for a trip to Disneyland, 75 pounds for a shopping trip to Paris, 80 pounds for a new car. Ashley doesn't think there's anything wrong with the way she looks...but the most recent offer makes her falter.

The Earth, My Butt, and other Big Round Things by Carolyn Mackler

Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her. Sequel: **The Universe is Expanding and so am I**.

Rebel with a Cupcake by Anna Mainwaring

Although she has never worried about her weight, a problem with her outfit and an encounter with a bully make Jess question her lack of concern with her own image.

To be Honest by Maggie Ann Martin

Savannah's mother has become overbearing regarding weight and body image. Meanwhile, Savannah meets the cute new guy at school, who has insecurities of his own.

Dumplin by Julie Murphy

Sixteen-year-old Willowdean wants to prove to everyone in her small Texas town that she is more than just a fat girl, so, while grappling with her feelings for a co-worker who is clearly attracted to her, Will and some other misfits prepare to compete in the beauty pageant her mother runs. Sequel: **Puddin'**

Fat Chance by Leslea Newman

Judi Liebowitz starts her diary with two secret desires: to be the thinnest girl in the entire eighth grade and to be Mrs. Richard Weiss. But before long the first wish overshadows all others--as the effort to control an increasingly uncontrollable life becomes entwined with food, calories, and pounds.

Holding up the Universe by Jennifer Niven

After years of homeschooling and a surgery that helped her lose hundreds of pounds, Libby enters high school but soon becomes entangled in a cruel game with Jack, a boy whose disability prevents him from recognizing faces.

Myrtle of Willendorf by Rebecca O'Connell

Bright, loner Myrtle who has a fondness for junk food and an affinity for art, experiences a kooky modern-day coming of age by way of the Goddess within.

Huge by Sasha Paley

When Wilhelmina and April find themselves roommates at a fat camp, both with very different goals, they find they have very little in common until they are both humiliated by the same person.

Gabi, a Girl in Pieces by Isabel Quintero

Sixteen-year-old Gabi Hernandez chronicles her senior year in high school as she copes with her friend Cindy's pregnancy, friend Sebastian's coming out, her father's meth habit, her own cravings for food and cute boys, and especially, the poetry that helps forge her identity.

Fat Vampire: A Never Coming of Age Story by Adam Rex

Doug Lee is undead quite by accident. He was attacked by a desperate vampire and is now cursed with being fat and 15 forever. He has no luck finding some Goth chick with a vampire fetish. Then he falls for the new Indian exchange student. He wants to bite her, but he also wants to prove himself to her.

The Summer of Jordi Perez: (and the best burger in Los Angeles) by Amy Spalding

Seventeen, fashion-obsessed, and gay, Abby is happy to focus on her plus-size style blog and her dreams of taking the fashion industry by storm, until she lands a great internship at her favorite boutique when she falls (hard) for her fellow intern, Jordi Perez. Now she's competing against the girl she's kissing to win the coveted paid job at the end of the internship.

Nice Girls Endure by Chris Struyk-Bonn

Sixteen-year-old Chelsea has always been overweight, and now in high school she is being unmercifully teased by other students, and even her mother gives her no support, despite her beautiful singing voice--but in film class she is assigned work on a film with Melody and for the first time she finds someone other than her father who does not criticize her, and finally finds the confidence to try out for the school choir.

Girls Like Me by Lola St. Vil

Fifteen-year-old Shay is trying to cope with being overweight and getting bullied in school, but when she falls in love with mysterious Blake, insecure Shay needs the help of her two best friends to make love prevail.

Biggie by Sullivan

Henry "Biggie" Abbott has hidden behind his weight for years, and although he is the son and stepson of two of Finch, Minnesota's most famous athletes, he prefers academic success until the girl of his dreams suggests he join the baseball team, and, with his stepbrother's help, he discovers he is a great pitcher.

Artichoke's Heart by Suzanne Supplee

When she is almost sixteen years old, Rosemary decides she is sick of being overweight, mocked at school and at Heavenly Hair--her mother's beauty salon--and feeling out of control, and as she slowly loses weight, she realizes that she is able to cope with her mother's cancer, having a boyfriend for the first time, and discovering that other people's lives are not as perfect as they seem from the outside.

Big Fat Manifesto by Susan Vaught

Overweight, self-assured, high school senior Jamie writes in the school newspaper about her own attitude to being fat, her boyfriend's bariatric surgery, and her struggles to be taken seriously in a very thin world.

Dietland by Sarai Walker

Biding her time alone until she can have weight-loss surgery, Plum joins an underground community of empowered women and agrees to a series of challenges, including work with a group that stages anti-misogyny terrorist acts.

Empty by K.M. Walton

Deeply depressed after her father cheated on and divorced her mother, Adele has gained over seventy pounds and is being bullied and abused at school. Food has become her antidote to the emptiness that sucks at her but even food won't make the horrible things people say or do go away.

Sweethearts by Sara Zarr

After losing her soul mate, Cameron, when they were 9, Jennifer, now 17, transformed herself from the unpopular fat girl into the beautiful and popular Jenna, but Cameron's unexpected return dredges up memories that cause both social and emotional turmoil.