

BODY WRITING SUGGESTED READING
(working list)

Curated by Nina B. Lichtenstein

<https://www.ninalichtenstein.com/>

Ackerman, Diane. *A Natural History of the Senses*. Vintage, New York: 1991.

Altman, Mara. *Gross Anatomy: Dispatches From the Front and Back*. G.P Putman's Sons, New York: 2018.

Auster, Paul. *Winter Journal*. Picador, New York: 2012.

Beneath the Skin: Great Writers on the Body. Thomas Lynch (ed.) Profile Books, London: 2018.

Body Outlaws: Rewriting the Rules of beauty and Body Image. Ophira Edut (ed.). Seal Press, Emeryville: 2003.

Bolden, Emma. *The Tiger and the Cage: A Memoir of a Body in Crisis*. Soft Skull, 2022.

Brandeis, Gayle. *Fruitflesh: Seeds of Inspiration for Women Who Write*. Harper Collins, New York: 2004.

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Bryson, Bill. *The Body: A Guide for Occupants*. Anchor Books, New York: 2021.

Chung, Nicole and Ortile, Matt (eds.) *Body Language: Writers on Identity, Physicality, and Making Space for Ourselves*. Catapult, New York: 2022.

Clifton, Lucille. "Homage to my Hips." *Poetry Foundation.org*,
<https://www.poetryfoundation.org/poems/49487/homage-to-my-hips>.

Copaken, Deborah. *Ladyparts*. Random House, New York: 2021.

Febos, Melissa. *Body Work*. Catapult, New York: 2022.

Gay, Roxane. *Hunger*. Harper Perennial, New York: 2017.

Guest, Paul. "Prelude to Thurnder." In *Guernica*, May 1, 2010.

https://www.guernicamag.com/guest5_1_2010/

Henley, Ariel. *A Face for Picasso*. Farrar Straus Giroux, New York: 2021.

Jackson, Shelley. *My Body – a Wunderkammer*.

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Khakpour, Porochista. *Sick: A Memoir*. Harper Perennial, 2018.

Kobell, Rona. «My Uterus Tried to Kill Me.» *Tablet Magazine*.

<https://www.tabletmag.com/sections/community/articles/my-uterus-tried-to-kill-me>

Kolk, Bessel van der. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Publishing Group, New York: 2015.

Lee, Christine Hyung-Oak. «I had a Stroke at 33.» *Buzzfeed.com*, 21 September, 2014.

<https://www.buzzfeed.com/xtinehlee/i-had-a-stroke-at-33>

Laymon, Kiese. *Heavy*. Scribner, New York: 2018.

Lichtenstein, Nina B. "The Deep End." In [*Dorothy Parker's Ashes*](#). Issue "Boobs." March 15, 2021.

---. "Skin in the Game." In [*HerStory*](#). March 13, 2023.

My Body, My Words: A Collection of Bodies. Loren Kleinman and Amye Barrese Archer (eds.)

Big Table Publishing, Boston: 2018.

Lunden, Jennifer. *American Breakdown: Our Ailing Nation, My Body's Revolt, and the*

Nineteenth-Century Woman Who Brought Me Back to Life. Harper Collins, 2023.

Niesslein, Jennifer. "Goddamned Beautiful." [*Oldster Magazine*](#). 14 February 2022.

<https://oldster.substack.com/p/goddamned-beautiful?r=410go>

Roscher, Ellie. *The Embodied Path: Telling the Story of Your Body for Healing and Wholeness*.

Broadleaf Books, Pine Bush, New York: 2022.

Sztokman, Elana. *Conversations with my Body: Essays on my Life as a Jewish Woman*. Lioness Books, 2020.

Tait, Amelia. "This is What My Belly Looks Like." *New York Times*, 16 October, 2023.
https://www.nytimes.com/2023/10/16/opinion/belly-fat-body-neutrality.html?campaign_id=190&emc=edit_ufn_20231119&instance_id=108122&nl=from-the-times®i_id=90815006&segment_id=150468&te=1&user_id=1d429687163d8c25ba4c311110d7c530

Thomas, Abigail. "An Interesting Question." *Oldster Magazine*. 20 September, 2021.

<https://oldster.substack.com/p/an-interesting-question>

Whitman, Walt. "I Sing the Body Electric."

<https://www.poetryfoundation.org/poems/45472/i-sing-the-body-electric>

Yankovitz, Talya. "My Stomach." In *Thimble Lit Mag*. Vol. 4 No. 2 Fall 2021.

<https://www.thimblelitmag.com/2021/08/24/my-stomach/>

Yuknavitch, Lidia. *The Chronology of Water*. Hawthorne Books, Portland: 2010.