



Big Big Love

Hanne Blank

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At last, a book that covers the how-tos and why-tos of sexuality from the point of view of big folks and those who love them! "Big Big Love" is a no-holds-barred, yet lighthearted, overview of sex for everybody from the chubby to the supersized. Detailed and realistic information on improving self-image, partner-finding, sexual positions and activities, resources for toys and clothing and much more. "Big Big Love" is essential reading for women, men and transfolk... gays, bisexuals and heterosexuals... and anyone else who's ever been told that sex is only for the slender!

Big Big Love Details

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Author : Hanne Blank

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Candice says

This was such lovely, insightful read. I poured through this thing in a minute and really adore her humor and conversational style, though repetitious in spots to catch the chapter-here-chapter-there reader jumping between topics. Equally self-revelatory and probing into the sex lives of other fat people and the FAs/ FFAs who desire fat bodies for any number of reasons - from deeply romantic love to the more problematic and spectacular aspects of fetish, dominance over and humiliation of fat bodies (lots of gray, often dark and abusive stuff to unpack here...) Blank is incredibly inclusive in her methodology and she debunks common fat mythologies intersecting sexuality, gender, race, class, power and privilege with the dexterity of a historian (which she is) and the pacing of a pop-savvy social commentator. She's equally pragmatic and whimsical in her approach that's just so admirable, careful and clear. I very rarely read non-fiction for shits and giggles after eight straight years of academic research, but this was just awesome sauce.

Rachele Cateyes says

I was very, very interested in reading Big Big Love, Revised: A Sex and Relationships Guide for People of Size (and Those Who Love Them) by Hanne Blank. I am a scorpio, after all. Contrary to popular belief, big people fuck and it's not a freak show.

"Sweet, tender, luscious sex. Sweaty, feral, sheet-ripping sex. Shivery, jiggly, gasping sex."

But we feel vulnerable and often denied of our sexual nature. But it is possible to be fat and have a positive sex life, just like how you can be fat and have a positive body image. (full review blogged here.)

Chelseabelle says

I loved this book for the LOVE I felt for myself after reading the testimonies of people who love to love fat bodies. It's not a fetish. It's not a kink. It's a person, whose body is very lovable. This is a good, self-affirming read.

Kimberly says

Excellent read. Not sure why it took me FOREVER to get through this, but alas. Here I am. It is a bit of a beginner's book for anyone new to the fat acceptance movement or for someone who is at the beginning stages of trying to love their fat body (or love someone who has a fat body). This book really is full of great information, affirmations, and really just full of love. Every once and a while you just need a reminder that fat people deserve as much and love, and more importantly respect as everyone else. Even if that just means just loving yourself. Loved all the real life examples, and totally learned a few things along the way with this book!

If you are fat or if you have ever loved a fat person, then this book should be a staple.

Melissa says

I loved this book so much that when I first started reading it, ages ago, I wrote a review based solely on the introduction alone. This is, without a doubt, a book I think everyone should read, because it will give you a huge dose of humility, whether you realize it or not. Fat acceptance is not something widely practiced in Western culture, and Blank covers everything in this book, from acceptance to health, sex and relationships, self love and abuse. The book is filled with anonymous quotes from people surveyed by Blank for the book, as well as interviews with prominent members of the fat community. Her writing style is comfortable to read, often written as if she is having a conversation with the reader, intimate, confident, and comforting.

Stephanie Meunier says

I came to this book as I was trying to figure out why sex with other people didn't appeal to me ("internalized fatphobia leading to seeing myself as sexually undesirable and therefore unconsciously turning myself off of sex" was a hypothesis) and this book helped me see that sex with fat people and as a fat person, can be awesome and creative and hot and passionate. Also, that I'm still uninterested and asexual.

Regardless, this year I went back to it for research purposes and was irked by the Fat Admirers and Fat Fetishists chapters in the book. Blank spends a lot of time defending the fetishization of fat bodies by non-fatties and it made me soooo uncomfortable. Loving fat bodies is awesome, but fetishizing them, disassociating them from the person in the body is not okay with me. I know some people find it hot and I think that's great and fine, but there was place for more nuance in those chapters.

Overall, I'd recommend for people who struggle to normalize having a sex life as a fat person or with fat people. It shouldn't be the only book about fatness and sex that non-fat people who want to have sex with fat people read, though.

Sirena says

Extra star just for existing.

I saw this in the store months ago and finally got it from the library. The author took great pains, initially, to include every sexuality (LGBTI), including asexuals. I guess the more inclusive the better, and that is also to be expected from a Ten Speed Press book. The majority of Big Big Love focused on accepting oneself exactly as they are. Hazzza! Wouldn't it be wonderful if more books and media started from that point? There was also a chapter titled "For Fat Admirers Only." This was mostly about "coming out of the closet" as a F/A and "How Not to be An Asshole." This section was very focused on straight men and their reactions to being F/As and treating fat people correctly. As a straight woman, I wanted to photocopy these pages and hand them out on the streets. Reading this book took me through a range of emotions. Hanne Blank zeroed in on so many points regarding the history of hate and vitriol thrown at fat women and the ways in which this affects our relationships. I'll admit that I teared up at points because it felt like she took certain passages directly from my life.

A good read, fairly short, a confidence booster. I felt that it could have been a bit longer and more in-depth. I also think she could have spent more pages on the positive aspects of F/As, but I am still happy this book is out there and hopefully it will do a lot of good for a lot of people.

Jennie says

A worthy read for anyone really. Loads of good stuff in here on body positivity. I especially love the idea that Hanne Blank puts forth that no one does "having a body" wrong. She lambasts all the cultural influences that hold up good sex, good relationships, money, success, career satisfaction and happiness as rewards for having a body the RIGHT way. And she wisely advises against putting your life on hold until some fantasy of bodily perfection is reached. Again, great advice for anyone.

I picked this up after listening to Hanne Blank on the Big Big Love episode of Sex Nerd Sandra's podcast, which is a great listen. This was mostly common sense to me, but I'm already open minded and attracted to people of many different shapes and sizes.

Natalie Slaughter says

This was an amazing read. In addition to being a great reference for fat folks sex (it even had sections for those of us who don't fall into your generic hetero categories), it had a chapter dedicated to Fat Admirers/Chubby Chasers that articulated a lot of feelings I've had on the subject for a long time. I won't word vomit it all here, but I transcribed one of the sections and talked about my feelings over yonder.

I've read and re-read this book twice now, and it's definitely going to remain a shelf staple.

Krissy Delovely says

While the title of this book pinpoints the audience as "people of size and those who love them", I believe everyone could benefit from reading this book as it focuses on equity for all. This book opened my eyes to the challenges that people of size (or fat people as I'm going to use from now on in this review because I own that phrase for myself) have in the world. While this book is marketed as a sexual manual, it is so much more than that. The first half of the book focuses on issues and challenges that fat people may face while living in a world that wants to shun and shame them. The second half talks more about sexuality and the challenges that may occur if you're not a size 2. I do want to give fair warning that there are graphics and pictures in the newer version of the book, which can be helpful for readers, but can seem graphic if you're not expecting it (or don't like to look at pictures of people having sex).

What I appreciated about this book was the respect and dignity the author paid to fat people. The book is written in an engaging, friendly and respectful tone that shows that Ms. Blank understands people of sizes' point of view. I also appreciated the questions and issues she brought up throughout the book--I didn't anticipate this being a social justice guide, but that is what I truly view this as now, as opposed to just being a book about sex and sexuality (which I originally thought it was). If you're looking for a book about perspectives other than your own, this would be a great resource for you to check out. I highly recommend it.

Danni Green says

I have to be perfectly honest and say that I was disappointed with the revised edition of this book. I read the original version over a decade ago, when I was first coming out as transgender and just starting to unlearn the anti-feminist and body-negative messages with which I grew up. The book was SO powerful for me then, explicitly acknowledging transgender people within the context of the very important messages about size acceptance and celebration. I was so excited about this new edition because I thought for sure that it would go a step further and fully include transgender people and our experiences and bodies throughout the book. Instead, there is just a shortened-from-the-original section (with an awkward, clichéd "trans fats" pun as its header) mentioning transgender people, and an occasional hat-tip here and there, but for the most part, the gender essentialism and cissexist language pervades.

Overall, it just seemed like a lot of the really great stuff in the original edition was abbreviated and/or watered down. It's still a good book, and I hope that many people read it. I've been recommending the original to people for years, and I will continue to encourage people to read that version! I'm just surprised to find that I would rather recommend the original to the revised version.

I have great respect for the author and for this important contribution to feminist and body-positivity literature, and I hope this spurs more dialogue about the messages that people of all genders, sizes, and shapes need in order to fully express our sexualities and find meaningful relationships.

duck reads says

Good basic coverage of a variety of subjects relating to fat sexuality, subdivided into copious subheadings within each chapter--this book is really well organised. It also backs up its fat-positive message with loving descriptions of how fat bodies look and feel to convey a real-feeling appreciation of fat sensuality, as well as a fuckton of info pertaining to fat sexuality. Add in the specific position suggestions and realistic-style drawings and you get a feeling of overall frankness and comfort that I really enjoy.

The sexual health and risk reduction section rubbed me the wrong way (word choice intentional always) by feeling overly prescriptive, but I am picky about that subject in particular. I also found the section on feeding/gaining fetishes to be pretty harshly judgmental.

I think it's impossible to go super in-depth and be a general overview at the same time, but this book does its very best to have its overview be as thorough as possible, and I think it succeeds quite well in most areas.

Jessica King says

Love this whole Heath at Every Size movement. I have always been a "take me as I am right now and let me decide how to be better" or fuck off sort of gal anyway, but it's a hard thing to always put into practice...especially when you're smart enough to see and accept your own flaws. I've read 2 of Blank's books now, and I admit I skim quite a bit, but I find the strength and movement behind her ideas refreshing.

Erica says

It turns out that this book is out-of-print (oop). I'm currently on auction & used book sites gawping at the exorbitant sums being charged/bid, and apparently paid, for this \$15 paperback.

If I were the author, to whom the rights have reverted since Greenery Press let it go officially oop, I'd self-publish a couple of hundred copies and slowly make them available on the auction sites at the \$50 a pop that it's currently pulling in, LOL.

Fat activism sites have recommended this book, which is probably the cause of the new demand.

Gnomad says

Blank does a good job of striking a balance between educator and activist as she talks about various topics and concerns around fat sexuality. But I got to the end of the book and couldn't help but think, really? Don't you figure this stuff out simply by being a moderately thoughtful fat person going about your life? Do I really need an entire book designed to validate my sexuality and that of those who are attracted to me? I guess it's a great book if you need that, and in that case, I'm very glad this book exists for you.

As someone who doesn't need that, though, I was bored by info I already knew and understood.
