

# Taking Up Space In A World That Wants To Shrink You: A Female Perspective



## Happy Fat: Taking Up Space in a World That Wants to Shrink You by Sofie Hagen

★★★★☆ 4.6 out of 5

Language : English  
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Print length : 337 pages



As women, we are often socialized to be small, quiet, and unassuming. We are taught to take up as little space as possible, both physically and figuratively. This can be a difficult task in a world that is constantly trying to shrink us.

The media bombards us with images of thin, white, able-bodied women. We are told that this is the ideal, and that anything outside of that is unacceptable. This can lead to feelings of inadequacy and self-doubt.

We are also often told that women should be nurturing, caring, and supportive. While these are all valuable qualities, they can also be used to keep us in our place.

For example, we may be told that we are being "too aggressive" or "too bossy" if we speak up for ourselves. We may be told that we are being "too emotional" or "too sensitive" if we express our feelings.

These messages can make it difficult for us to take up space and make our voices heard. However, it is essential for us to do so. We need to be able to speak up for ourselves and for what we believe in.

Taking up space can be challenging, but it is also incredibly rewarding. When we take up space, we are showing the world that we are here and that we matter. We are challenging the status quo and making it known that we will not be silenced.

Here are a few tips for taking up space:

- **Be confident.** Believe in yourself and your abilities. Don't let anyone tell you that you can't do something.
- **Speak up.** Don't be afraid to share your ideas and opinions. Let your voice be heard.
- **Take up physical space.** Stand up straight, make eye contact, and use gestures. Don't be afraid to take up space in a room.
- **Challenge the status quo.** Don't be afraid to question the way things are. Speak out against injustice and inequality.
- **Support other women.** Build a community of women who will support and encourage you. Together, we can make a difference.

Taking up space can be a daunting task, but it is one that is worth ng. When we take up space, we are making the world a better place for all women.

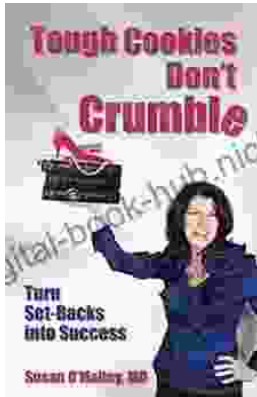


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