

SONYA RENEE

Website - sonyareneetaylor.com

Website - thebodyisnotanapology.com

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IS LOUD

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“FOR MANY OF US, OUR BODY SHAME BEGINS IN OUR CHILDHOOD WHEN WE’RE FIRST GIVEN THE MESSAGE THAT OUR BODY IS WRONG OR WE’RE OUT OF PLACE. THOSE MESSAGES TURN INTO A STORY ABOUT WHO WE ARE AND THEN THAT STORY STICKS WITH US FOREVER. THIS IS ABOUT CREATING A NEW STORY.”

– SONYA RENEE

ARTIST, ACTIVIST & FOUNDER OF THE BODY IS NOT AN APOLOGY

Sonya Renee Taylor is a New York Times best-selling author, world-renowned activist and thought leader on racial justice and transformational change, international award winning poet, and founder of The Body Is Not an Apology (TBINAA), a global digital media and education company exploring the intersections of identity, healing, and social justice through the framework of radical self-love.

Sonya is the author of six books, including the New York Times bestseller *The Body Is Not an Apology: The Power of Radical Self Love* (1st and 2nd editions), *Your Body Is Not an Apology Workbook*, *Celebrate Your Body* (and Its Changes, Too!), poetry collection *A Little Truth on Your Shirt*, *The Book of Radical Answers* (*That I Know You*

Already Know) (Dial Press 2022), and co-editor with Cat Pausé of *The Routledge International Handbook of Fat Studies*. She has been the recipient of numerous awards and honors over the past two decades, from her National Individual Poetry Slam Championship award in 2004 to her 2016 invitation by the Obama administration to participate in the White House Forum on LGBT and Disability Issues. More recently, she served as an inaugural Edmund Hillary Fellow in Aotearoa (New Zealand) from 2017-2020.

Sonya resides in Aotearoa / New Zealand and continues to share her insights globally as a highly sought-after international speaker, artist and educator on issues of radical self-love, social justice, and personal and global transformation.

Speaking Topics

- The Body is Not an Apology: From Body Empowerment to Global Justice
- Radical Self Love as Transformative Activism
- What Does Intersectional Social Justice Look Like?

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