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# Healing Your Hungry Heart

**Abstract:** *In Clothes Called Fat* by Moyoco Anno demonstrates how manga can be used as a medium to shed light on eating disorders and self-image. Taking into consideration Japan's low average body weight, we see how the protagonist, Noko Hanazawa, is discriminated against for not fitting into societal norms. As a result of her trauma, Noko relies on food and other coping mechanisms as "quick fixes" to her primary problem—loneliness. Anno's manga exposes how the use of superficial solutions are ineffective in the pursuit of happiness. The key to happiness is not through extrinsic values such as beauty and status, but rather intrinsic values such as self-love and community.

