

CHAPTER 1

Father Hunger and the Pursuit of Thinness

All children long for a close, loving relationship with their fathers. They are born with an innate drive to connect with them. Children literally yearn for this connection. And fathers have the capacity to respond. Kyle Pruett, a pediatrician who has researched this relationship for decades, writes: “Children and fathers hunger for each other early, often, and for a very long time.”¹ When this normal craving is satisfied, children are likely to grow up feeling confident, secure, strong, and “good enough.”

Often, however, this yearning is not acknowledged and the need for a bond with the father grows, causing self-doubt, pain, anxiety, and depression. *Father hunger* is a deep, persistent desire for emotional connection with the father that is experienced by all children. We will use the term to refer to the unfulfilled longing for father, which for girls and women often translates into conflicts about food and weight.

Like physical hunger, unsatisfied emotional hunger does not disappear; instead, it grows and grows. Adults who have not found a way to relate to their fathers or resolve their feelings of loss may continue to suffer this hunger indefinitely. They bring their longing to new relationships when they become spouses and parents. In this way, father hunger is passed down through generations. Although it is rarely identified, discussed, or confronted, it becomes a shared experience that we have come to accept as a normal aspect of our culture.

Thus, our society is organized around assumptions and practices that allow most children to grow up not really knowing their fathers—and often not even acknowledging the deep feelings of deprivation and loss that result. We have adapted to our father hunger despite the

Father Hunger Fathers Daughters And The Pursuit Of Thinness

Carl Mazza, Armon R. Perry



Father Hunger Fathers Daughters And The Pursuit Of Thinness:

Father Hunger Margo Maine, 2010-07 The first edition of this book added the term father hunger to everyday language to explain the emptiness and resulting food and body image disorders experienced by women with physically or emotionally absent fathers Based on ten years of further study this Second Edition of Father Hunger details the origins of the syndrome and its effect on the family with new practical solutions to help dads and daughters understand and improve their relationships Dr Maine also introduces the concept of Global Girls which describes today's adolescents in terms of the globalization of media corporate marketing and body image An expanded section for educators and therapists offers strategies and techniques for preventing impasses in treatment **REVIEWS** The book offers healthy well balanced advice to family members and health practitioners It is a unique book not only for its clinical insights for therapists but also for school counselors and educators as well Karen H Jones Ph D The Prevention Researcher Fact one Dads tend to withdraw from girls during adolescence Fact two Adolescent girls too often develop unhealthy eating behaviors Put these two ideas together and you get a fascinating book called Father Hunger Daughters A newsletter for parents of girls ages 8-18 Dr Maine does a nice job of integrating psychological and sociological research into her material An important contribution of work in this area suitable for community college students and up Choice Practical advice to help readers understand and improve father daughter relationships and helps families at multi generational levels to reconnect Betitina Wood Healthline I found the book to be carefronting in relationship to my own married daughter and granddaughter an excellent systemic book for therapists as well it has good theory is reality based and has practical suggestions I enjoyed reading this book Ralph Earle Ph D past President American Association of Marriage Family Therapy this powerful book clearly explains how a father's emotional or physical absence can contribute to a daughter's eating problems body dissatisfaction and low self esteem *Father Hunger* Margo Maine, 2004 This book pioneered the term father hunger the emptiness and resulting food and body image disorders experienced by women whose fathers were physically or emotionally absent Based on ten years of further study this second edition of Father Hunger details the origins of the syndrome and its effect on the family with new practical solutions to help dads and daughters understand and improve their relationships An expanded section for educators and therapists offers strategies and techniques for preventing and treating this complex problem **Father Hunger** Margo Maine, 1993

Father Hunger Margo Maine, 2010-02-01 This book pioneered the term father hunger the emptiness and resulting food and body image disorders experienced by women whose fathers were physically or emotionally absent Based on ten years of further study this second edition of Father Hunger details the origins of the syndrome and its effect on the family with new practical solutions to help dads and daughters understand and improve their relationships An expanded section for educators and therapists offers strategies and techniques for preventing and treating this complex problem Father-Daughter Relationships Linda Nielsen, 2012 How fathers affect their daughters social academic intellectual athletic and psychological

development is then considered Factors that can weaken father daughter relationships such as divorce including various theoretical perspectives are explored in chapters 5 and 6 Father daughter relationships of racial or ethnic minorities and an array of potentially destructive situations that affect these relationships are the focus of chapters 7 and 8 The impact of fathers who are incarcerated abusive alcoholics gay or sperm donors are considered The book concludes with suggestions on where we go from here

Fathers and Daughters in the Hebrew Bible Johanna Stiebert, 2013-03-28 The father daughter dyad features in the Hebrew Bible in all of narratives laws myths and metaphors In previous explorations of this relationship the tendency has been to focus on discrete stories notable among them Judges 11 the story of Jephthah's human sacrifice of his daughter and Genesis 19 the dark tale of Lot's daughters seduction of their father By taking the full spectrum into account however the daughter emerges prominently as not only expendable and exploitable as an emphasis on daughter sacrifice or incest has suggested but as cherished and protected by her father Depictions of daughters are multifarious and there is a balance of very positive and very negative images While not uncritical of earlier feminist investigations this book makes a contribution to feminist biblical criticism and utilizes methods drawn from the social sciences and psychoanalysis Alongside careful textual analysis Johanna Stiebert offers a critical evaluation of the heuristic usefulness of the ethnographic honour shame model of parallels with Roman family studies and of the application and meaning of patriarchy Following semantic analysis of the primary Hebrew terms for father and daughter as well as careful examination of inter family dynamics and the daughter's role vis vis the son's alongside thorough investigation of both Judges 11 and Genesis 19 and also of the metaphor of God the father of daughters Eve Wisdom and Zion Stiebert provides the fullest exploration of daughters in the Hebrew Bible to date

Good Girls Don't Get Fat Robyn Silverman, 2010-10-01 Based on Dr Robyn Silverman's groundbreaking research at Tufts University and filled with searingly honest young voices Good Girls Don't Get Fat Decodes the ripple effects of actions that damage our girls and provides tools to help stop them Shines light on the positive influence of women who embrace body types of any size and explains how to model the right behavior Shows how girls whatever their size can own their strengths trust their power and accomplish amazing things

Women of a Certain Rage Liz Byrski, 2021-02-02 This book is the result of what happened when Liz Byrski asked 20 women from widely different backgrounds races beliefs and identities to take up the challenge of writing about rage The honesty passion courage and humour of their very personal stories is energising and inspiring If you have ever felt the full force of anger and wondered at its power then this book is for you

FATHERHOOD IN AMERICA Carl Mazza, Armon R. Perry, 2017-01-27 Fathers are critical to their children's growth and development Research on the involvement of men with their children stresses the important role that fathers play from infancy to adolescence Due to the ethnically diverse population of fathers in America culture and context frames the nature of fathering and shapes expectations within a cultural milieu The book offers a wide range of vantage points social work family studies marriage and family therapy counseling sociology psychology gender

studies anthropology cultural and ethnic studies urban studies and health There are five primary parts within this book each of which looks at numerous facets of fatherhood in the twenty first century Part I defines the concept of fatherhood and family composition becoming a father young fathers single fathers fathers and daughters and examines the father son relationship Part II looks at nonresident fathers homeless fathers incarcerated fathers and the never married fathers Part III reviews biological fathers stepfathers male foster carers fatherhood and adoption and gay fathers Part IV examines the cultural dimensions of fatherhood including Latino African American and Native American Part V explores the fatherhood service delivery system by engaging fathers in culturally competent services measuring the father s involvement and the initiatives to support fathering The context practice and gaps in responsible fatherhood programs are discussed This informative and sensitive book will be useful for researchers students and professionals in the field of social work health family counseling and human services Applicable in classrooms and treatment situations Fatherhood in America bridges the gap between research and practice through chapters authored by some of the country s foremost fatherhood scholars and clinicians by offering fresh perspectives and keen insights borne out of field experience working with fathers

Perfect Girls, Starving Daughters Courtney E. Martin, 2007-04-17 Through extensive research and hair raising anecdotes a journalist exposes the variety and extremes of the epidemic of eating disorders among young women and issues a wake up call that cannot be ignored

The Body Myth Margo Maine, Joe Kelly, 2005-07-15 Clinical psychologist Margo Maine has been successfully helping adult women overcome eating disorders and body image problems for over twenty years In The Body Myth she explains the toll these problems can take on women s lives and provides healing insights and proven techniques for reclaiming readers lives from the debilitating belief that a woman s self worth and her worth to others are derived from how she looks how much she weighs and what she eats the Body Myth Using poignant real life stories Dr Maine explores the complex emotional social and cultural forces that perpetuate the Body Myth A unique and invaluable source of information and inspiration this breakthrough guide equips readers with the knowledge and tools to escape the clutches of the Body Myth and live a more balanced fulfilling life

You'd Be So Pretty If... Dara Chadwick, 2010-06 From You d Be So Pretty If I grew up listening to my mom bemoan everything from the size of her thighs to the shape of her eyes So you can imagine my dismay the first time someone exclaimed You look just like your mother Every mom wants her daughter to feel confident in her own skin but may often unconsciously impose her own body image blueprint Dara Chadwick s You d Be So Pretty If reveals What girls learn when Mom diets How to talk to your daughter about healthy eating and exercise habits The trigger words that set off a body image crisis How to recognize a budding eating disorder With humor and compassion You d Be So Pretty If offers parents fresh and useful strategies for conveying that success isn t negated by carrying extra pounds or guaranteed by keeping them off

Family, Culture, and Self in the Development of Eating Disorders Susan Haworth-Hoepfner, 2016-07-28 This book takes a unique approach to the examination of the eating disorder anorexia nervosa

and bulimia White middle class heterosexual women share their insights into the emergence of their illnesses through detailed interviews that consider perceptions of the role of family the influence of cultural messages regarding thinness and beauty the agency these women exert in the use of weight control to cope with life's stressors the meaning they attach to their eating disorders and how these issues together perpetuate their disease The book uses a Symbolic Interactionist framework and a grounded theory approach to examine the narratives which emerge from these women's stories Themes of family culture and self arise in their narratives these form the theoretical underpinnings for this book and combine to shape the comprehensive model of eating disorders that emerges from this study Haworth Hoepfner's book will appeal to researchers and advanced students of sociology women's studies family studies social psychology and gender studies

The Princess Problem Rebecca Hains PhD, 2014-09-02 How to Raise Empowered Girls in a Princess World It's no secret that little girls love princesses but behind the twirly dresses and glittery crowns sits a powerful marketing machine delivering negative stereotypes about gender race and beauty to young girls So how can you protect your daughter fight back and offer new less harmful options for their princess obsession The Princess Problem features real advice and stories from parents educators psychologists children's industry insiders that will help equip our daughters to navigate the princess saturated media landscape With excellent research and tips to guide parents through honest conversations with their kids The Princess Problem is the parenting resource to raising thoughtful open minded children a very insightful look at our princess culture Parents this is a must read Brenda Chapman Writer Director Disney Pixar's BRAVE

Treating Black Women with Eating Disorders Charlynn Small, Mazella Fuller, 2020-07-14 The first of its kind this edited volume provides in depth culturally sensitive material intended for addressing the unique concerns of Black women with eating disorders in addition to comprehensive discussions and treatment guidelines for this population The contributing authors all of whom are Black professionals providing direct care to Black women offer a range of perspectives to help readers understand the whole experience of their Black female clients This includes not only discussion of their clients physical health but also of their emotional lives and the ways in which the stresses of racism discrimination trauma and adverse childhood experiences can contribute to disordered eating Through a wealth of diverse voices and stories chapters boldly tackle issues such as stereotypes and acculturative stress Clinicians of any race will gain new tools for assessing diagnosing and treating disordered eating in Black women and will be empowered to provide better care for their clients

Relational Aspects of Parental Involvement to Support Educational Outcomes William Jeynes, 2022-07-18 Offering contributions from international leaders in the field this volume builds on empirically informed meta analyses to foreground relationship based aspects of parental involvement in children's education and learning Chapters explore how factors including parent child communication cultural and parental expectations as well as communication with a child's teacher and school can impact educational outcomes By focusing on relationships between parents teachers and students chapter authors offer a nuanced

picture of parental involvement in children's education and learning Considering variation across countries educational and non educational contexts and challenges posed by parental absence and home schooling the book offers key insights into how parents schools communities and educators can best support future generations Using multiple forms of research from the relational perspective this volume will be of interest to students scholars and researchers with an interest in educational psychology as well as child development

Pursuing Perfection Margo Maine,Joe Kelly,2016-06-03 In *Pursuing Perfection* authors Margo Maine and Joe Kelly explore the emotional social and cultural factors behind the ongoing epidemic of disordered eating and body image despair in adult women at midlife and beyond Written from a biopsychosocial and feminist perspective *Pursuing Perfection* describes the many issues women encounter as they navigate a rapidly changing culture that promotes unhealthy standards for beauty and appearance This updated and expanded edition originally published as *The Body Myth Adult Women and the Pressure to Be Perfect* is a unique guide for anyone seeking practical tools and strategies for adult women looking to establish health and body acceptance

Riptide Barbara Hale-Seubert,2011-05 A young girl's fatal decade long struggle with anorexia and bulimia is chronicled from her mother's perspective in this heartbreaking memoir Barbara Hale Seubert tried to cope with grief fear and powerlessness as her daughter suffered through these diseases and she kept a journal of their experiences as a form of therapy These entries are the basis for a raw and revealing narrative meant to offer other parents the comfort that comes with knowing they are not alone the strength to help their children through the agony of eating disorders and the grace to learn to surrender what is out of their control

Handbook of Families and Health D. Russell Crane,Elaine S. Marshall,2005-06-22 For scholars graduates and practitioners in the field of families and health an overview of research related to couple marital and family influences on health Editors Crane and Marshall Brigham Young U gathered contributions from specialists in disciplines including family studies marriage and family therapy nursing and family medicine

Eating Disorders Ignacio Jáuregui Lobera,2017-02-01 Despite the relevance of eating disorders in the past years the pure core of these mental disorders remains unknown In this regard it is not a surprise that the biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches biological mainly neurobiological psychological and social in managing these disorders Eating disorders are frequent pathologies many times severe and often devastating for patients and their families Biological psychological and social factors are always involved in these disorders and knowledge about the influence of these factors helps us to better understand eating disorders This book includes different studies about main topics of eating disorders and is useful for psychologists doctors and others interested in this disorder

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Table of Contents Father Hunger Fathers Daughters And The Pursuit Of Thinness

1. Understanding the eBook Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - The Rise of Digital Reading Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Advantages of eBooks Over Traditional Books
2. Identifying Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - User-Friendly Interface
4. Exploring eBook Recommendations from Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Personalized Recommendations
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness User Reviews and Ratings
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness and Bestseller Lists

5. Accessing Father Hunger Fathers Daughters And The Pursuit Of Thinness Free and Paid eBooks
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness Public Domain eBooks
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness eBook Subscription Services
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness Budget-Friendly Options
6. Navigating Father Hunger Fathers Daughters And The Pursuit Of Thinness eBook Formats
 - ePub, PDF, MOBI, and More
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness Compatibility with Devices
 - Father Hunger Fathers Daughters And The Pursuit Of Thinness Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Highlighting and Note-Taking Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Interactive Elements Father Hunger Fathers Daughters And The Pursuit Of Thinness
8. Staying Engaged with Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Father Hunger Fathers Daughters And The Pursuit Of Thinness
9. Balancing eBooks and Physical Books Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Father Hunger Fathers Daughters And The Pursuit Of Thinness
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Setting Reading Goals Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Fact-Checking eBook Content of Father Hunger Fathers Daughters And The Pursuit Of Thinness
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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