

fat is a feminist issue...

**the anti-diet guide
to permanent
weight loss**

Carla Arduini

Fat Is A Feminist Issue The Antidiet Guide To Permanent Weight Loss

Dorothy Klimis-Zacas, Ira Wolinsky



Fat Is A Feminist Issue The Antidiet Guide To Permanent Weight Loss:

Fat is a Feminist Issue Susie Orbach, 1981-01-15 Originally published in two volumes in paperback for 15 95 each this classic book that first taught women how to triumph over compulsive eating is now available in a new complete one volume hardcover edition for only 8 99 *Fat is a Feminist Issue ...* Susie Orbach, 1988 Se analizan los problemas relacionados con la gordura en las mujeres obesidad anorexia Desde el punto de vista de que la ansiedad que sufren las mujeres con respecto a la comida surge como una protesta hacia la situación de desigualdad e inferioridad en que se ven envueltas de ahí que este tema tenga que ser incluido dentro de los planteamientos feministas Pretende explicar por tanto como la mujer puede dejar de sentirse culpable en el tema de la comida olvidándose de dietas y tablas caloricas al aprender a estabilizar su peso averiguando que es lo que le hace engordar Pathology of Eating (Psychology Revivals) Sara Gilbert, 2013-10-01 Originally published in 1986 Sara Gilbert provided the first systematic and comprehensive coverage of the psychological aspects of eating disorders and their treatment The book begins with an account of normal eating behaviour and the problems of explaining its control in the individual in the context of social and cultural influences It describes cross cultural differences in attitudes to being overweight or underweight and the current western dilemma of pressures towards slimness on the one hand and the increasing demand for choice and fast food on the other In Part II the author describes the phenomena of overeating and undereating both in relation to people with systemic disease and in people suffering from obesity anorexia nervosa and bulimia She examines the psychological causes of overeating and undereating and the problems of drawing a line between purely medical and purely social psychological explanations In Part III of the book the author provides a summary of treatments for overeating and undereating with emphasis on the psychological approaches She describes new developments in particular in the use of behavioural techniques and their significance as a means of allowing individual sufferers some choice in the course of their own treatment Tweencom Girls Patrice A. Oppliger, 2018-12-17 Tweencom Girls analyzes the different ways character tropes are portrayed in media targeted at eight to twelve year olds particularly female characters over the last twenty five years The book focuses particularly on sitcoms produced by the cable giants Disney Channel and Nickelodeon because of their popularity and ubiquity It provides extensive examples and alternative interpretations of the shows tropes and themes particularly for those who are unfamiliar with the genre The first section explores common tweencom tropes focusing on different themes that are prevalent throughout the series The second section includes a discussion of the big picture of how tropes and themes give insight into the female characters portrayed in the popular tweencom programming as well as advice to parents and educators **Reconcilable Differences** Lynn S. Chancer, 2023-04-28 This volume examines controversial faultlines in contemporary feminism pornography the beauty myth sadomasochism prostitution and the issue of rape from an original and provocative perspective Lynn Chancer focuses on how among many feminists the concepts of sex and sexism became fragmented and mutually exclusive Exploring the dichotomy

between sex and sexism as it has developed through five current feminist debates Chancer seeks to forge positions that bridge oppositions between unnecessary and sometimes unwitting either/or binaries Chancer's book attempts to incorporate both the need for sexual freedom and the depth of sexist subordination into feminist thought and politics This title is part of UC Press's Voices Revived program which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice reach and impact Drawing on a backlist dating to 1893 Voices Revived makes high quality peer reviewed scholarship accessible once again using print on demand technology This title was originally published in 1998 This volume examines controversial faultlines in contemporary feminism pornography the beauty myth sadomasochism prostitution and the issue of rape from an original and provocative perspective Lynn Chancer focuses on how among many feminists the co

Nutritional Concerns of Women, Second Edition Dorothy Klimis-Zacas, Ira Wolinsky, 2003-08-13 Women's health and nutrition concerns have moved to the forefront of research with the mandate by the National Institutes of Health to include women in formerly male only studies assessing responses to diet and disease This second edition of a popular and highly praised resource provides new research results that detail the prevalence of and different manifestations of diseases in women With more contributions by leading authorities *Nutritional Concerns of Women Second Edition* updates the knowledge base of nutrition and health interactions unique to women through the life cycle It includes new chapters on obesity diabetes thyroid diseases and musculoskeletal and rheumatic diseases Additionally it covers societal influences nutrition in the adolescent female menopause and vegetarianism This new awaited edition also examines the roles that gender and culture play on nutrition Equally useful to the dietitian clinician physician researcher student or educated layman this useful and practical book provides you with a wealth of information *Nutritional Concerns of Women Second Edition* facilitates nutrition recommendations for women and helps women integrate health issues and nutrition into guiding principles for everyday life

Starving for Salvation Michelle Mary Lelwica, 2002 TABLE OF CONTENTS 1 Bodies of Evidence Bodies of Knowledge Contemporary Approaches Historical Perspectives New Directions 2 The Good the True and the Beautiful Female Body Popular Icons of Womanhood and the Salvation Myth of Female Slenderness 3 Losing Their Way to Salvation Popular Rituals of Womanhood and the Saving Promises of Culture Lite 4 Universes of Meaning Worlds of Pain The Struggles of Anorexic and Bulimic Girls and Women A Different Kind of Salvation Cultivating Alternative Senses Practices and Visions Notes Selected Bibliography Index

Body Problems Ben Agger, 2019-07-30 *Body Problems* addresses the relationship between the body and society in a fast food culture Agger focuses on issues of food exercise work dieting and eating disorders fashion bariatric and cosmetic surgery and health He addresses a growing fundamental dilemma that we have ample access to abundant calories yet lead lifestyles and have jobs that for the most part do not enable us to expend those calories He proposes solutions both individual and structural that involve re-orienting ourselves to exercise as play This second edition has been updated to include a new chapter on food capitalism and a concluding passage arguing Cartesian

dualism can be resolved by exercising vegans in ways that would thwart this food capitalism and give people immense control over their bodies health and well being The book is ideal for courses in introductory sociology social problems work sociology of sport and leisure gender and health and illness *Diet and the Disease of Civilization* Adrienne Rose Bitar,2018-01-26 Diet books contribute to a 60 billion industry as they speak to the 45 million Americans who diet every year Yet these books don't just tell readers what to eat they offer complete philosophies about who Americans are and how we should live Diet and the Disease of Civilization interrupts the predictable debate about eating right to ask a hard question what if it's not calories but concepts that should be counted Cultural critic Adrienne Rose Bitar reveals how four popular diets retell the Fall of Man as the narrative backbone for our national consciousness Intensifying the moral panic of the obesity epidemic they depict civilization itself as a disease and offer diet as the one true cure Bitar reads each diet the Paleo Diet the Garden of Eden Diet the Pacific Island Diet the detoxification or detox diet as both myth and manual a story with side effects shaping social movements driving industry and constructing fundamental ideas about sickness and health Diet and the Disease of Civilization unearths the ways in which diet books are actually utopian manifestos not just for better bodies but also for a healthier society and a more perfect world *The Culture of Obesity in Early and Late Modernity* E. Levy-Navarro,2008-02-04 This book offers the first sustained examination of fatness in the early modern period Using readings of such major figures as Shakespeare Jonson Middleton and Skelton this book considers alternative ways that fat was constructed before the introduction of the modern pathologized category of obesity *Fashion Cultures Revisited* Stella Bruzzi,Pamela Church Gibson,2013-12-04 Following on from the ground breaking collection Fashion Cultures this second anthology Fashion Cultures Revisited contains 26 newly commissioned chapters exploring fashion culture from the start of the new millennium to the present day The book is divided into six parts each discussing different aspects of fashion culture Shopping spaces and globalisation Changing imagery changing media Altered landscapes new modes of production Icons and their legacies Contestation compliance feminisms Making masculinities Fashion Cultures Revisited explores every facet of contemporary fashion culture and the associated spheres of photography magazines and television and shopping Consequently it is an ideal companion to those interested in fashion studies cultural studies art film fashion history sociology and gender studies *Self-Transformations* Cressida J. Heyes,2007-08-16 Heyes monograph in feminist philosophy is on the connection between the idea of normalization which per Foucault is a mode or force of control that homogenizes a population and the gendered body Drawing on Foucault and Wittgenstein she argues that the predominant picture of the self a picture that presupposes an inner core of the self that is expressed accurately or not by the outer body obscures the connection between contemporary discourses and practices of self transformation and the forces of normalization In other words pictures of the self can hold us captive when they are being read from the outer self the body rather than the inner self and we can express our inner self by working on our outer body to conform Articulating this idea with a mix of the theoretical and

the practical she looks at case studies involving transgender people weight loss dieting and cosmetic surgery Her concluding chapters look at the difficult issue of how to distinguish non normalizing practices of the self from normalizing ones and makes suggestions about how feminists might conceive of subjects as embodied and enmeshed in power relations yet also capable of self transformation The subject of normalization and its relationship to sex gender is a major one in feminist theory Heyes book is unique in her masterful use of Foucault its clarity and its sophisticated mix of the theoretical and the anecdotal It will appeal to feminist philosophers and theorists

Sisterhood and After Margaretta Jolly, 2019-08-27 This ground breaking history of the UK Women s Liberation Movement shows why and how feminism s second wave mobilized to demand not just equality but social and gender transformation Oral history testimonies power the work tracing the arc of a feminist life from 1950s girlhoods to late life activism today Peppered with personal stories the book casts new light on feminist critiques of society and on the lives of prominent and grassroots activists Margaretta Jolly uses oral history as creative method making significant use of Sisterhood and After The Women s Liberation Oral History Project to animate still unresolved controversies of race class sexuality disability and feminist identity Women activists vividly recall a divisive education system the unevenness of sexual liberation and the challenges of Thatcherism Northern Ireland s Troubles and the policing of minority ethnic communities They illuminate key campaigns in these wider contexts and talk of the organizational and collaborative skills they struggled to acquire as they moved into local government NGOs and even the business sector Jolly provides fresh insight into iconic actions including the Miss World Protest the fight to protect abortion rights and the peace protest at Greenham Common Her accounts of workplace struggles from Ford and Grunwick to Women Against Pit Closures and Women and Manual Trades show how socialist ideals permeated feminism She explores men s violence and today s demands for trans liberation as areas of continuing feminist concern Jolly offers a refreshingly jargon free exploration of key debates and theoretical trends alongside an appreciation of the joyfully personal aspects of feminism from families homes shopping and music to relationships health aging death and faith She concludes by urging readers to enter the archives of feminist memory to help map their own political futures Her work will appeal to general readers scholars and practitioners alike

Bodies Out of Bounds Jana Evans Braziel, Kathleen LeBesco, 2001-09-13 This is an exceptional collection the subject is of obvious importance yet terribly undertheorized and unexamined I know of no other work that offers what this collection provides Marcia Millman author of *Such a Pretty Face Being Fat in America* A valuable contribution to scholarly debates on the place of excessive bodies in contemporary culture This book promises to enrich all areas of inquiry related to the politics of bodies Carole Spitzack author of *Confessing Excess Women and the Politics of Body Reduction* This anthology includes a wide range of perceptive and original essays which explore and analyze the underlying ideologies that have made fat incorrect Echoing the spirit of the nineteenth century adage about children who should be neither seen nor heard some of the authors powerfully remind us that we keep bodies out of bound silenced and unseen

unless of course we need to peek at the comic or grotesque Raquel Salgado Scherr co author of Face Value The Politics of Beauty Through textual analyses video film analyses television theory and literary theory this collection demonstrates the various ways in which dominant representations of fat and corpulence have been both demonized and rendered invisible This volume will be a crucial corollary to work on the tyranny of slenderness a collection of different perspectives on the fat body is sorely missing in women s studies communication and media studies Sarah Banet Weiser author of The Most Beautiful Girl in the World Beauty Pageants and National Identity Contours of the Nation Deborah McPhail,2017-01-01 Contouring the Nation is the first book which historically explores obesity in Canada from a critical perspective Deborah McPhail demonstrates how obesity as a problem was affixed to particular populations in order to separate true Canadians from others

Psychology of Physical Activity Stuart Biddle,Nanette Mutrie,Trish Gorely,Guy Faulkner,2021-04-11 The positive benefits of physical activity for physical and mental health are now widely acknowledged yet levels of physical inactivity continue to be a major concern throughout the world Understanding the psychology of physical activity has therefore become an important issue for scientists health professionals and policy makers alike as they address the challenge of behaviour change Psychology of Physical Activity provides comprehensive and in depth coverage of the fundamentals of exercise psychology from mental health to theories of motivation and adherence and to the design of successful interventions for increasing participation Now publishing in a fully revised updated and expanded fourth edition Psychology of Physical Activity is still the only textbook to offer a full survey of the evidence base for theory and practice in exercise psychology and the only textbook that explains how to interpret the quality of the research evidence As the field continues to grow rapidly the new edition expands the behavioural science content of numerous important topics including physical activity and cognitive functioning automatic and affective frameworks for understanding physical activity involvement new interventions designed to increase physical activity including use of new technologies and sedentary behaviour A full companion website offers useful features to help students and lecturers get the most out of the book during their course including multiple choice revision questions PowerPoint slides and a test bank of additional learning activities Psychology of Physical Activity is the most authoritative engaging and up to date book on exercise psychology currently available It is essential reading for all students working in behavioural medicine as well as the exercise and health sciences **Body Work** Debra Gimlin,2002-01-02 Debra Gimlin

focuses on four sites where she conducted in depth research a beauty salon aerobics classes a plastic surgery clinic and a social and political organization for overweight women The honest and provocative interviews included in this book uncover these women s feelings about their bodies their reasons for attempting to change or come to terms with them and the reactions of others in their lives These interviews show that women are redefining their identities through their participation in body work that they are working on their self images as much as on their bodies Plastic surgery for example ultimately is an empowering life experience for many women who choose it while hairstyling becomes an arena for laying claim to

professional and social class identities Reconstructing Obesity Megan B. McCullough, Jessica A. Hardin, 2013-10-01 In the crowded and busy arena of obesity and fat studies there is a lack of attention to the lived experiences of people how and why they eat what they do and how people in cross cultural settings understand risk health and bodies This volume addresses the lacuna by drawing on ethnographic methods and analytical emic explorations in order to consider the impact of cultural difference embodiment and local knowledge on understanding obesity It is through this reconstruction of how obesity and fatness are studied and understood that a new discussion will be introduced and a new set of analytical explorations about obesity research and the effectiveness of obesity interventions will be established *The Anthropology of Food and Body* Carole M. Counihan, 2018-10-24 The Anthropology of Food and Body explores the way that making eating and thinking about food reveal culturally determined gender power relations in diverse societies This book brings feminist and anthropological theories to bear on these provocative issues and will interest anyone investigating the relationship between food the body and cultural notions of gender *Food and Gender* Carole M. Counihan, Steven L. Kaplan, 2013-11-05 This volume examines among other things the significance of food centered activities to gender relations and the construction of gendered identities across cultures It considers how each gender s relationship to food may facilitate mutual respect or produce gender hierarchy This relationship is considered through two central questions How does control of food production distribution and consumption contribute to men s and women s power and social position and How does food symbolically connote maleness and femaleness and establish the social value of men and women Other issues discussed include men s and women s attitudes towards their bodies and the legitimacy of their appetites

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