Whether they are rich or poor, tall or short, liberal or conservative, most young American women have one thing in common—they want to be thin. And they are willing to go to extraordinary lengths to get that way, even to the point of starving themselves. Why are America's women so preoccupied with weight? What has caused record numbers of young women—even before they reach their teenage years—to suffer from anorexia and bulimia? In Am I Thin Enough Yet?, Sharlene Hesse-Biber answers these questions and more, as she goes beyond traditional psychological explanations of eating disorders to level a powerful indictment against the social, political, and economic pressures women face in a weight-obsessed society. Packed with first-hand, intimate portraits of young women from a wide variety of backgrounds, and drawing on historical accounts and current material culled from both popular and scholarly sources, Am I Thin Enough Yet? offers a provocative new way of understanding why women feel the way they do about their minds and bodies. Specifically, Hesse-Biber highlights the various ways in which American families, schools, popular culture, and the health and fitness industry all undermine young women's self-confidence as they inculcate the notions that thinness is beauty and that a woman's body is more important than her mind. The author builds her case in part by letting her subjects tell their own story, revealing in their own words how current standards of femininity lead many women to engage in eating habits that are not only self-destructive, but often akin to the obsessions and ritualistic behaviors found among members of cults. For instance, we meet Delia, a bulimic college senior who makes the startling admission that "my final affirmation of myself is how many guys look at me when I go into a bar." We even learn of six-year-olds like Lauren, already preoccupied with her weight, who considers herself "a real clod" in ballet class because she is not as thin as her peers. We are introduced to women (and men) from different cultures who themselves have acquired eating disorders in pursuit of the American standard of physical perfection. And we learn of the often tragic consequences of this obsession with thinness, as in the case of Janet, who underwent surgery to reduce her weight only to suffer from chronic illness and pain as a result. The book concludes with Hesse-Biber's prescriptions on how women can overcome their low self-image through therapy, spiritualism, and grass-root efforts to empower themselves against a society obsessed with beauty and thinness. Am I Thin Enough Yet? brings into sharp focus the multitude of societal and psychological forces that compel American women to pursue the ideal of thinness at any cost. It will remain a benchmark work on the subject for many years to come.

Eating Disorders, Jennifer L. Strada, 2001, Juvenile Nonfiction, 96 pages. Essays discuss the causes, psychological and physical consequences, treatment, and prevention of such eating disorders as anorexia, bulimia, and binge eating.

Bodies Overcoming the Tyranny of Perfection, Barry Glassner, 1992, Social Science, 288 pages.

Eating Disorders, Charles Patterson, Jan 1, 1995, Juvenile Nonfiction, 80 pages. Covers topics related to eating disorders, including anorexia, bulimia, and compulsive overeating, and considers treatment options.
Understanding the Risks of Diet Drugs, Pamela Walker, 2000, Juvenile Nonfiction, 138 pages. Discusses what diet drugs are, the difference between prescription, over-the-counter, and herbal diet drugs, and healthy alternatives to such drugs.

A Qualitative Exploration of Mexican American Women and Body Image, Erika Denise Curiel, 2007, Body image, 316 pages. In mainstream U.S. culture, a woman's physical appearance can grant social acceptance and power as well as be critically evaluated throughout her life based on how she measures.

Female Body Image A Hot Issue, Rosemary Genova DiBattista, 2002, Juvenile Nonfiction, 64 pages. Details the effects that the media has on body image, describes how women adorn and alter their bodies to conform, and explores how to develop a positive body image, despite.

Coping with Eating Disorders, Barbara Moe, Jan 1, 1999, Juvenile Nonfiction, 133 pages. Describes the different kinds of eating disorders, what can cause them, and what can be done about them.

The Religion of Thinness Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight, Michelle M. Lelwica, Oct 18, 2013, HEALTH & FITNESS, 320 pages. With so many women approaching their diets, body image, and pursuit of a slender figure with slavish devotion, The Religion of Thinness is a timely addition to the discussion.

Understanding Negative Body Image, Barbara Moe, Jan 1, 1999, Juvenile Nonfiction, 136 pages. Discusses positive and negative body image, with an emphasis on body size and weight, and suggests ways to improve self-esteem and develop a healthy body image.


Body traps breaking the binds that keep you from feeling good about your body, Judith Rodin, Jun 1, 1992, Health & Fitness, 299 pages. Answering why so many people crave slimmer hips, curlier hair, and perfect teeth, a guide to identifying the causes of, and defeating, obsessive attitudes about appearance.


download The cleaning of paintings problems and potentialities, Helmut Ruhemann, Joyce Plesters, 1982, Antiques & Collectibles, 508 pages The revised and updated edition includes the latest developments in the field of ERP, information technology and new technologies that are changing the ERP landscape. Divided. Addresses the problems of Anorexia Nervosa and other related eating disorders among young people, discusses their causes, how to recognize the signs, and the role the media.

Biographia Scoticana - Or, a Brief Historical Account of the Most Eminent Scots Worthies, Noblemen Etc, John Howie, Oct 1, 2007, Biography & Autobiography, 644 pages. BIOGRAPHIA SCOTICANA BRIEF HISTORICAL ACCOUNT OF THE MOST EMINENT SCOTS WORTHIES The NOBLEMEN, GENTLEMEN, MINISTERS, AND OTHERS, WHO TESTIFIED OR SUFFERED FOR THE CAUSE OFA Long Walk Home, Diane Amos, May 15, 2012, Fiction, . DO TEENAGE GIRLS COME WITH INSTRUCTION MANUALS? The call came out of the blue—Annie's sister Dana is in rehab—can her thirteen-year-old daughter come stay in Maine with Annie Living Within: Yoga Approach to Psychological Health & Growth, Sri Aurobindo, Jan 1, 1987, Health & Fitness, 179 pages. Western psychotherapy and the personal growth process has gained considerably from the experience acquired within Eastern traditions. Living Within makes it apparent that there Many people know about the Greek Gods and Goddesses--what most don't suspect is that Zeus and the others had a different home world before they ever came to Earth. After belief. One of the greatest challenges every father faces is how to help his son came through the teenage years with his own God-given identity and a strong personal relationship with.

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The Independent Working Musician The Complete Guide to Do-it-yourself Success in the Music Business, Mary Cosola, 1998, Music, 133 pages. Take total control of your music career with this new must-have title from EM Books. The Independent Working Musician gives you all the informational tools you'll need to forge.

NATURAL EXPERIMENTS OF HISTORY, Jared Diamond, James A. Robinson, 2010, History, 278 pages. This book consists of eight comparative studies drawn from history, archeology, economics, economic history, geography, and political science. The studies cover a spectrum of Globalization in Africa Recolonization Or Renaissance?, Padraig Risteard Carmody, 2010, Political Science, 196 pages. Is globalization good for Africa? Padraig Carmody explores the evolving nature and impact of globalization throughout the continent, as China, the US, and other economic powers Over 450 databased studies and years of field testing attest to the effectiveness of the Microskills model in INTENTIONAL INTERVIEWING AND COUNSELING: FACILITATING CLIENT.
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Hamlet, William Shakespeare, 1986, Drama, 330 pages. Presents the original text of Shakespeare's play side by side with a modern version, discusses the author and the theater of his time, and provides quizzes and other study aids.

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Yoga, 1995, Health & Fitness, 72 pages. Discusses breathing, warm-up exercises, bends, poses, and meditation.

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Survey of Medieval Winchester, Part 1, Derek Keene, Alexander R. Rumble, 1985, Cities and towns, Medieval, 1490 pages

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The Laughter of Foxes A Study of Ted Hughes, Keith M. Sagar, Jan 1, 2006, Literary Collections, 196 pages. The Laughter of Foxes was the first study to be published after Hughes' death, and therefore the first to survey the whole of Hughes' achievement, including Birthday Letters Am I Thin Enough Yet?: The Cult of Thinness and the Commercialization of Identity 1997 The DIF File for Users of VisiCalc and Other Software, Donald H. Beil, Jul 1, 1983, File organization (Computer science), 235 pages. The path integral approach has proved extremely useful for the understanding of the most complex problems in quantum field theory, cosmology, and condensed matter physics. Path.

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