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.

Features:

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My Personal Review:
Thank you for writing this book! I have struggled with compulsive eating (although I would not call it that, this book does) for most of my life.

In the 1980s, feminist Robin Morgan called the power and provenance derived from men, and based on the ability to attract men/smaller body size, "abstract power" -- as opposed to "real power", the power derived from a woman's being physically strong and able to provide for herself.

While there are flaws to that theory, I see it in practice. Every single day, even at my job. And I work in the medical public relations field. A field where those guys could and should know better!
Yes, big news!?! This sexist, size-ist garbage does not diminish with advancing age. I spent, off and on, only a tiny fraction of my life at a normative size (including now, this time for the longest stretch ever). By virtue of large bone structure, I am a size 12 (spent part of my young adulthood in a size 44 dress). I practice moderate calorie restriction and exercise vigorously about five times a week to maintain this size. I haven't yet internalized anything long enough to be able to comport myself wisely and supremely unselfconsciously at a buffet in Atlantic City, for instance.

Thank you, Dr. Maine and Mr. Kelly. You have the spirit of Everest-scaling mountaineers as I have never before seen in such authors on this topic!! As a result of reading your book, I feel that I have only twenty minutes' worth of Knowledge. And not the kind of "knowledge" you get from a Weight Watchers meeting (or any other bunch of self-righteous diet dweebs who think they alone have the right answer).

I am 51 years old. I am looking forward to your sequel and to seeing this book become a best-seller especially among us baby boomers.

For More 5 Star Customer Reviews and Lowest Price:
The Body Myth: Adult Women and the Pressure to be Perfect by Joe Kelly - 5 Star Customer Reviews and Lowest Price!