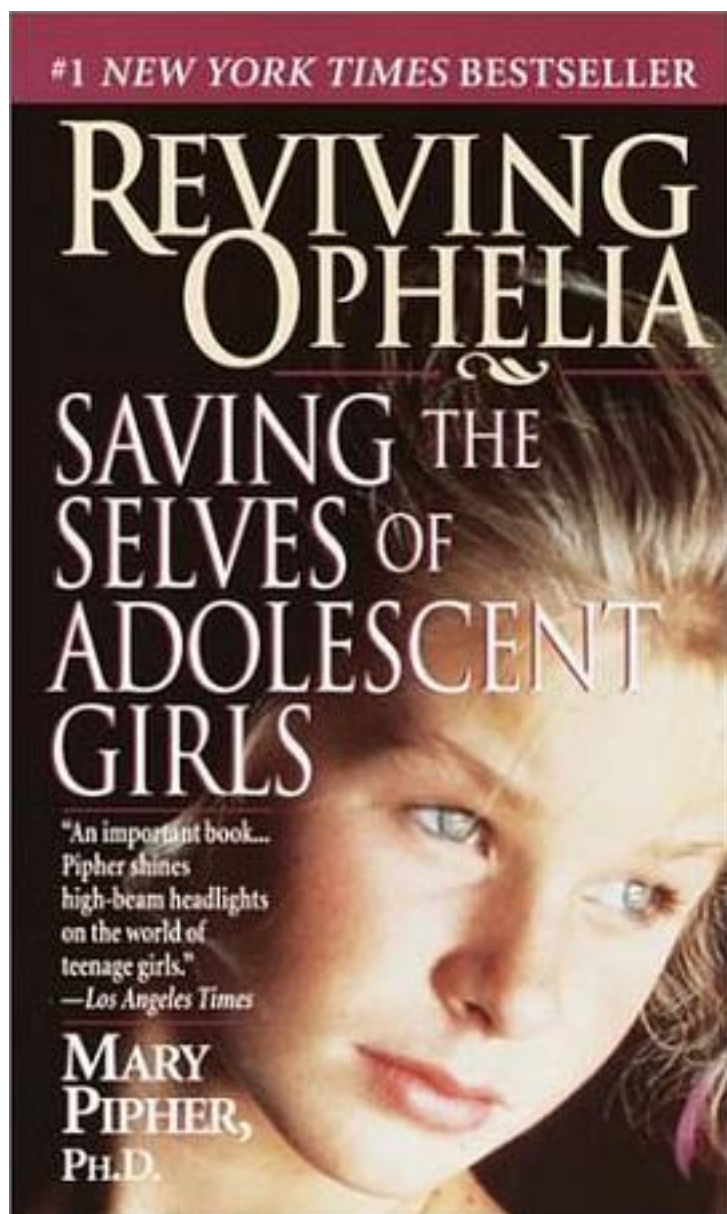


Reviving Ophelia



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著者:Mary Pipher

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The phenomenal #1 New York Times bestseller. More than 1.5 million copies sold. Now available from Riverhead.

This is the groundbreaking work that poses one of the most provocative questions of a generation: Why are American adolescent girls falling prey to depression, eating disorders, suicide attempts, and dangerously low self-esteem? Dr. Pipher posits that it's America's sexist, look-obsessed "girl-poisoning" culture-one in which girls are constantly struggling to find their true selves. In *Reviving Ophelia*, these girls' uncensored voices are heard from the front lines of adolescence. Personal and painfully honest, this is a compassionate call to arms, offering strategies with which to revive these Ophelias' lost senses of self.

作者介绍:

Mary Pipher, Ph.D., is a clinical psychologist and author of *The Shelter of Each Other: Rebuilding our Families* and *Another Country: Navigating the Emotional Terrain of our Elders*. Awarded the American Psychological Association's Presidential Citation, Pipher speaks across the country to families, mental health professionals, and educators, and has appeared on *Today*, *20/20*, *The Charlie Rose Show*, *PBS Newshour* with Jim Lehrer, and *National Public Radio's Fresh Air*.

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标签

女性

心理学

成长

个人成长

生活

工具书

学习

大一

评论

最后还是强调一个文化问题，但是里面的对于个人，家长，学校的建议还是很实用的，还是每个人从个人做起吧，做好自己的认知图景，对周围的女生开始该道歉道歉，该补救补救，该善待善待，让能拯救的被拯救。至于文化问题，我觉得人从来只有适应的份儿，日新月异的世界变化中有你一份也有我一份，但终归是资本的那一份。

每一个有女儿的家长都应该读至少一边这本书，尤其是母亲。受益匪浅，收获多多。

Live with true self; not live to please others or culture. A book on male's issue would be really interesting.

每次谈到少女的问题，我都会推荐一下这本书。对于青春期的女孩而言，她们其实面临的压力和变化都要比同龄的男孩更多。她们不仅会面临自身的变化，同时还要面对外界对她们要求的变化。不仅如此，此时的女性开始意识到了社会性别结构的权利失衡的问题。她们的内心和环境对她们的需求在此刻都有着非常强烈的冲突。因此简单粗暴的教育从来不是解决问题的办法。青春期的女孩出现的行为偏差不能单纯归结到个人身上，而是一个包含了教育、文化、社会结构等多方面的原因。

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书评

这本书是我当时上女性心理学的时候除课本外教授要求的书单。我非常感谢那一门课，在这门课上，我第一次接触到了女权主义；更能体会社会学心理学思考问题的角度；并

且，同时也是对我青春期的，从某些角度来说，一个反思。那时候我还在青春期的末梢，可能读起来比较感同身受。 ...

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