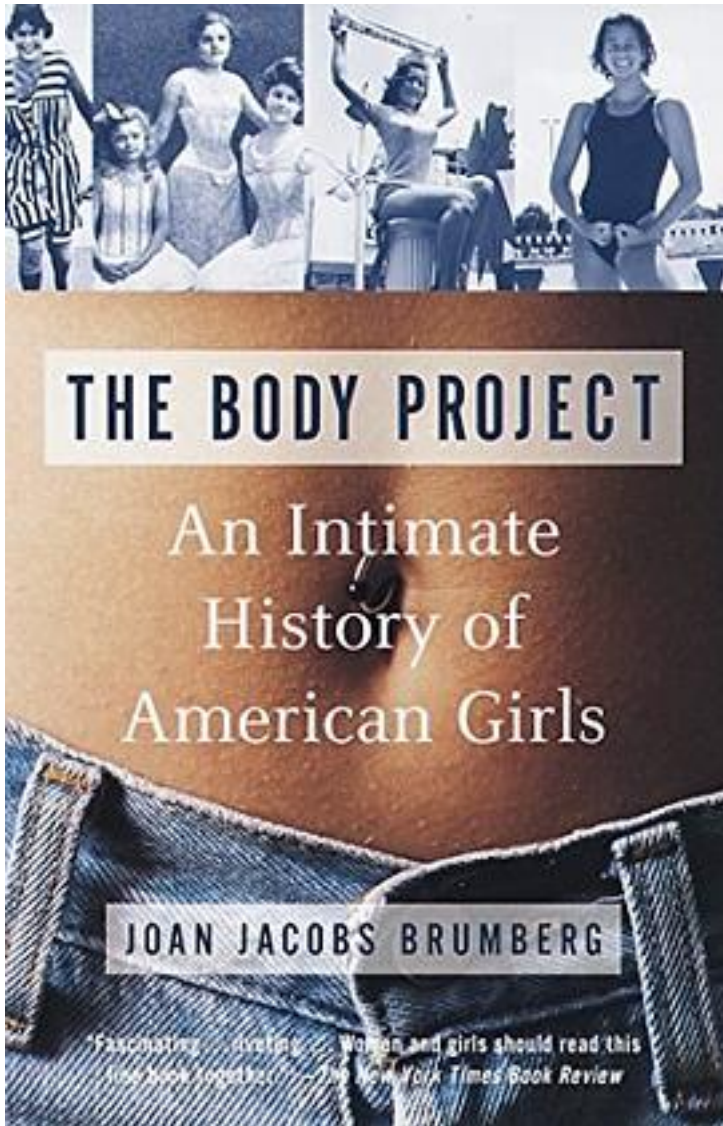


The Body Project



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著者:Joan Jacobs Brumberg

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"Timely and sympathetic . . . a work of impassioned advocacy." -- People

A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why?

In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with inner beauty to our modern focus on outward appearance--in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since they shed the corset and the ideal of virginity for a new world of sexual freedom and consumerism--a world in which the body is their primary project.

"Joan Brumberg's book offers us an insightful and entertaining history behind the destructive mantra of the '90s--'I hate my body!'" --Katie Couric

作者介绍:

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标签

性别研究

评论

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书评

这本书虽然描述的是1990的现象，但在21世纪，随着各种快速信息渠道的普及，商业对于女性的控制只有加重，没有减退。女性要真正成为自己，不成为商业的奴隶，需要的是自信和自控能力。最重要的，是她把自己当做一个独立的个体来看，无论有没有最闪耀的外表，她都值得自己的尊重...

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