

Food and Loathing



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著者:Lerner, Betsy

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With warmth, wit, and not a trace of self-pity" (Entertainment Weekly), Betsy Lerner details her twenty-year struggle with depression and compulsive eating in Food and Loathing, a book that dares to expose the insidious nature of women's secret life with food. "Alternating between hilarious and heartbreaking" (People), Food and Loathing gives voice to one of the last taboo subjects and greatest stigmas of our time: being overweight. Lerner's revelations on the cult of thinness -- from the dreaded weigh-in at junior high gym class to the effects of inhaling Pepperidge Farm Goldfish at Olympic speeds -- are universally resonant, as is her belief that this is one battle no one should fight alone. Essential reading for anyone who has ever wielded a fork in despair or calculated her self-worth on the morning scale, "Lerner's lament is a triumph" (Publishers Weekly).

作者介绍:

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