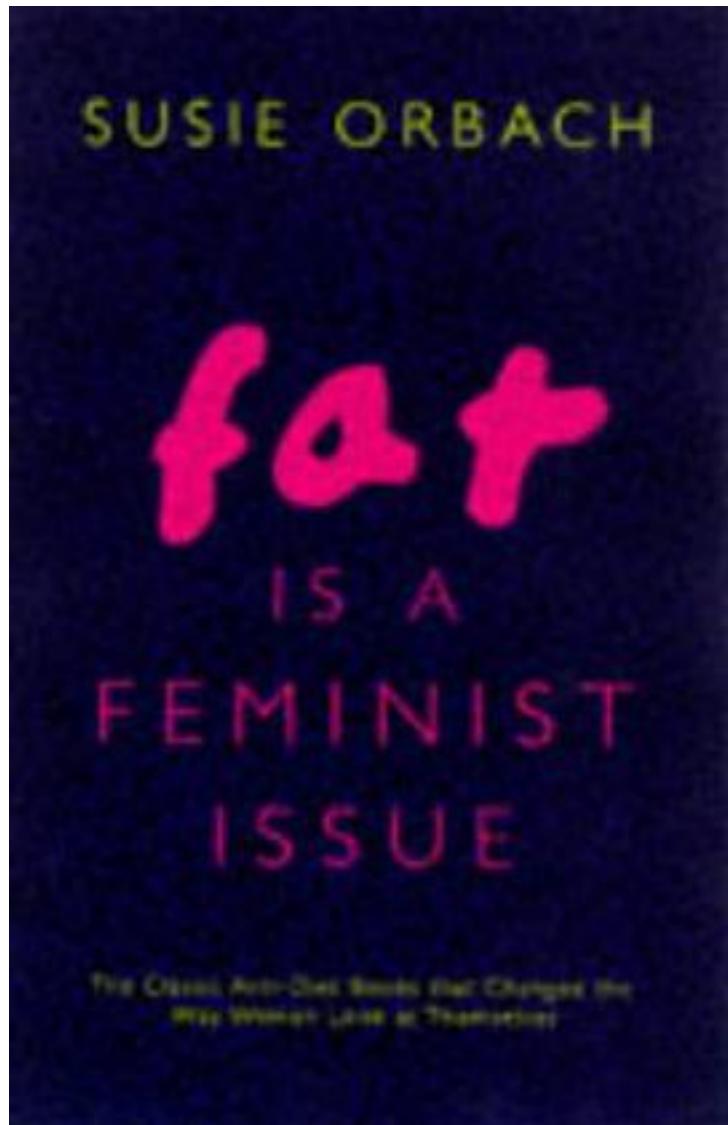


Fat is a Feminist Issue



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著者: Susie Orbach

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Fat is a Feminist Issue, Susie Orbach's revolutionary work, first published twenty years ago and now established as a classic, shows how fat is not about food, but rather about protection, sex, mothering, strength, assertion, anger, love. Fat can be a response to the way you are seen by your husband, your mother, your boss - and yourself. By understanding your investment in being fat and your subconscious fears of being thin you can transform food into a friend. Learning to eat out of stomach hunger rather than mouth hunger means food can be a pleasure which nourishes you when you are hungry rather than something you have a love/hate relationship with. And in Fat is a Feminist Issue II, Susie Orbach lays out a programme that will help you conquer compulsive eating, a step-by-step guide that shows how you can break the binge-purge cycle and stop dieting forever.

作者介绍:

Best known as Princess Diana's therapist and the author of FAT IS A FEMINIST ISSUE, Susie Orbach has an international reputation as a therapist and expert on eating problems. She was a key figure at last year's Downing Street symposium on body issues and writes and broadcasts regularly in a wide range of media.

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标签

女性主义

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评论

First published in 1978, Fat is a Feminist Issue is just as relevant today, looking at women's relationships with our bodies, the manipulative nature of the diet industry, and offering ways for us to escape the trap of socially-imposed ideals of what our bodies "should" look like.

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