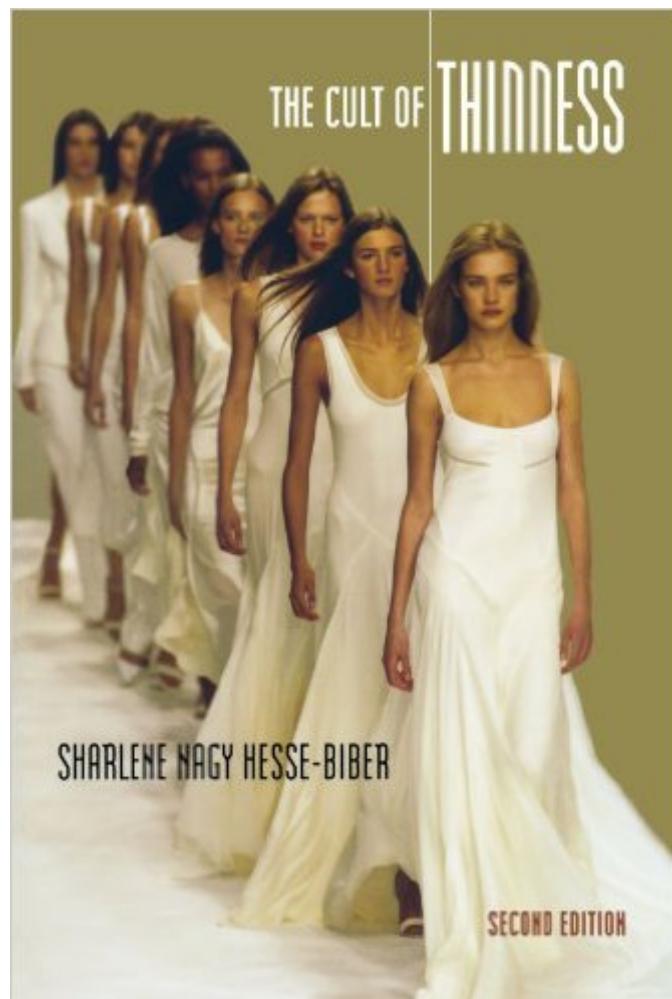


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# The Cult Of Thinness



## **Synopsis**

Whether they are rich or poor, liberal or conservative, religious or atheist, thriving or stagnant, most American women have one thing in common--they want to be thin--or thinner. And they are willing to go to extraordinary lengths to get that way, even to the point of starving themselves. Why are America's women so preoccupied with weight? Is there more to this preoccupation than weight alone? What has caused record numbers of young women--even before they reach their teenage years--to suffer from weight obsession, poor body image, and disordered eating? Why are some young women able to resist cultural pressures to be thin when others are not? Are there factors within American society that have fueled current outbreaks of anorexia and bulimia? The Cult of Thinness, Second Edition--a revised and expanded version of Sharlene Nagy Hesse-Biber's award-winning book, *Am I Thin Enough Yet?* (OUP, 1996)--answers these questions and more. Hesse-Biber goes beyond traditional psychological explanations of eating disorders to level a powerful indictment against the social, political, and economic pressures women face in a weight-obsessed society--a society that is, ironically, becoming increasingly more fat while worshipping a progressively more thin ideal. She examines the profit motives of corporate America that promote this paradox. Moreover, a new chapter on preteens, masculinity, ethnicity, gay and lesbian body image, and the globalization of body image issues align a refined cultural study of body image with the trends found in current research studies, demographic data, and popular culture. Using the metaphor of a cult, Hesse-Biber conveys the intense, day-to-day involvement that the pursuit of thinness demands. Examining the testimonies of young women concerning the practice of body rituals, she observes the extent to which these women sacrifice their bodies and minds to the pursuit of the ultra-slender ideal. She looks at pressures coming from their families and friends that perpetuate their cult-like practices and evaluates a range of therapies and personal and collective actions available to help women overcome their weight obsessions and eating problems. Hesse-Biber provides new frameworks for envisioning femininity and personal power, overcoming body insecurity, strengthening the inner self, and changing the cultural environment itself. Along the way, the reader is provided with important self-help tips to tackle the growing number of body image issues young women and new recruits to the "Cult of Thinness" continue to encounter. There are alternatives to the Cult of Thinness and this book provides a strong antidote.

## **Book Information**

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## **Customer Reviews**

I picked this book up off of my stepsister's desk -- she was reading it for a gender studies class -- and I was so drawn in by it that I had to get my own copy. It is a sociology book, so it is somewhat drier and more academic than most pop psychology volumes. But the author did an excellent job exploring the cultural forces of America's puritanical heritage, capitalist values, and deep-seated sexism, and how they play out in contemporary women's lives. What looks at first like an individual affliction is the product of widespread cultural phenomena. Contextualized in this way, some of the stigma of the desire to be thin is broken down. As one of millions who has struggled with disordered eating, body dysmorphia, and subsequent confusion and shame, I felt a great sense of relief and forgiveness towards myself upon reading this book. Hesse-Biber's writing is insightful and sensitive toward her subjects. She uses interviews and narratives well, and avoids cliches and stereotypes. I would highly recommend this text to anyone looking for insight into this phenomenon that has got so much of the developed world under its thumb. By nature of the topic, it may be triggering for readers with severe eating disorders. Nonetheless, I would recommend it to teachers, parents, or counselors working with young women.

This book is great! A great overview of disordered eating in America. Ordered it for my Sex and Gender in Society class but still enjoyed reading it.

Very interesting subject matter of social and media representations of female body image and it's cultural impacts. Disturbing realities are within these pages, excellent read.

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