



The Body Project: An Intimate History of American Girls

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

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Gail Beattie:

The Body Project: An Intimate History of American Girls can be one of your basic books that are good idea. All of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into delight arrangement in writing The Body Project: An Intimate History of American Girls yet doesn't forget the main place, giving the reader the hottest in addition to based confirm resource info that maybe you can be certainly one of it. This great information can certainly drawn you into new stage of crucial pondering.

Candace Arroyo:

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