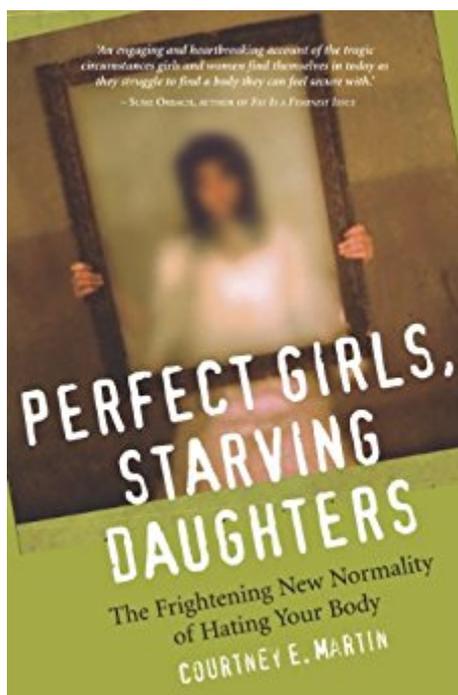


The book was found

# Perfect Girls, Starving Daughters: The Frightening New Normality Of Hating Your Body



## Synopsis

Based on extensive research and in-depth interviews with women from various socio-economic backgrounds, *Perfect Girls, Starving Daughters* lays bare a stark new world culture of eating disorders, food and body issues that affect virtually all of today's women. Though eating disorders first came to be recognised about 25 years ago, Martin's book shows how the issues surrounding body image have only become more complex, more dangerous and more difficult to treat. The current 'epidemic' of obesity is simply the flip side of the same coin. Drawing from interviews with sufferers, psychologists, nutritionists, and other experts, Courtney Martin's book reveals a whole new generation of 'perfect girls' who have been conditioned from a young age to over-achieve, self-sacrifice, and hate their own bodies - this, despite being raised by a generation of mothers well-versed in the lessons of feminism. Filled with vivid and often heartbreaking personal stories, *Perfect Girls, Starving Daughters* is both a shocking exposé and call to arms, offering hope for a new beginning, one young girl at a time.

## Book Information

File Size: 1177 KB

Print Length: 342 pages

Publisher: Piatkus (February 27, 2014)

Publication Date: February 27, 2014

Language: English

ASIN: B00I9GXOZO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #201,175 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #42 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Eating Disorders #117 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image

## Customer Reviews

To say I was blown away by Courtney E. Martin's *Perfect Girls, Starving Daughters*, would be a huge understatement. I've read lots of books on eating disorders, having gone through a bout of

anorexia and bulimia in college, and struggled with "disordered eating" and body image issues ever since. Martin's tone hits the perfect edge between journalistic and compassionate; one never gets the sense that she is talking down to her readers or has conquered all these issues and is now looking at them from a distance. By including her own stories and those of her peers, she personalizes the issue, as both someone who's been "on the edge" of developing an eating disorder as well as someone caring for people with eating disorders. One of the most poignant moments here, in fact, is when a friendship ends over one woman confronting another over her eating issues. Martin is angry, but also hopeful, and, most of all, non-judgmental. Clearly, she doesn't like what she sees but rather than direct her wrath against her subjects, she takes a more nuanced, helpful approach. She feels for her subjects even as the culture (including families, friends, peers, coaches, and media) around them pushes them forward. She wants them to succeed, but not at all costs. In fact, in the last chapter, she praises these starving girls for their strength, albeit a twisted kind of strength. By highlighting the ways girls cut each other down and size each other up, Martin brings some needed honesty to the ways women try to please each other, and how harsh we can be about our own kind. There are so many brilliant insights here, I cannot document them all.

[Download to continue reading...](#)

Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body Perfect Daughters: Adult Daughters of Alcoholics Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Prodigal (Abram's Daughters Book #4) (Abram's Daughters) The Sacrifice (Abram's Daughters Book #3) (Abram's Daughters) Different Daughters: A History of the Daughters of Bilitis and the Rise of the Lesbian Rights Movement The Hating Game: A Novel Hating Whitey: And Other Progressive Causes Wedding Dresses - A Picture Guide Book For Wedding Dress and Gown Inspirations: A Picture-Perfect Guide To Selecting The Perfect Wedding Gown Is The Perfect ... For Brides-To-Be (Weddings by Sam Siv 7) Low Carb: The Ultimate Low Carb High Protein Diet To Lose Your Weight Quickly without Starving BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Raising Girls with ADHD: Secrets for Parenting Healthy, Happy Daughters Warrior Girls: Protecting Our Daughters Against the Injury Epidemic in Women's Sports Girls on the Edge: Four Factors Driving

the New Crisis for Girls Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) My Thinning Years: Starving the Gay Within Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss) Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)