

[PDF] Thin Is The New Happy

Valerie Frankel, Marie Caliendo - pdf download free book

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Description:

From Publishers Weekly Prolific author Frankel (most recently, *I Take This Man*) was only 11 when her mother put her on a diet. She went from 100 to 88 pounds in six weeks, making her mother ecstatic, although she gained back four pounds right away. Frankel learned a basic lesson: she could enjoy eating or have approval, but not both. Although she blamed her mother's fatphobia for her unhappy childhood, from middle school on her peers were her cruelest tormenters. As she got older, her bad body image translated to anorgasmia; research shows that women who feel unattractive often develop sexual dysfunction. Later, working at *Mademoiselle*, where so many co-workers had eating disorders, she realized that an obsession with diet was one way of avoiding life's thornier issues. In her 40s, Frankel decided to jettison all the emotional baggage she was carrying about her weight, to free herself, finally, from dieting. After hiring a photographer to shoot a portfolio of her nude, having a friend help her find her personal style in clothing and coming to terms with her husband and her mother over fat issues, Frankel finally got rid of her body-image

negativity. (Sept.)

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Review "Rueful, zestful, surprisingly funny."--*The New York Times* "Infused with humor and refreshing candor, the book will resonate with anyone who's counted carbs or tried to subsist on rice cakes and grapefruit. A self-aware, witty exploration of a woman's body issues."--*Kirkus Reviews* -- This text refers to an out of print or unavailable edition of this title.

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