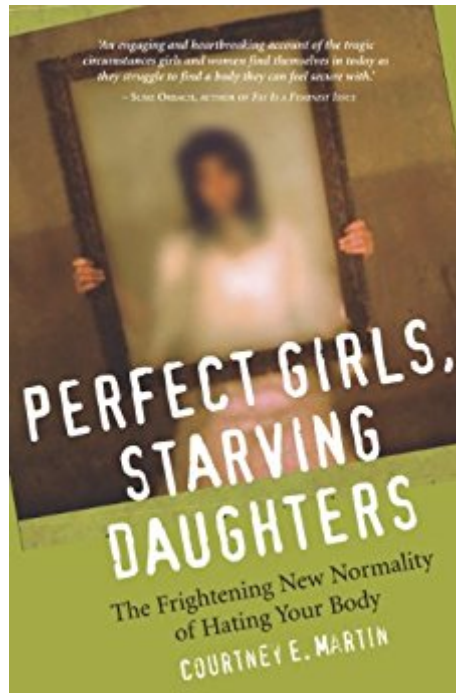


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# Perfect Girls, Starving Daughters: The Frightening New Normality Of Hating Your Body



## 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.

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