

SLIM Chance

FAT Hope



Society's
Obsession
with
Thinness

Gatherine Tay Swee Kian
editor

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Slim Chance Fat Hope: Society's Obsession With Thinness Catherine Swee Kian Tay, 2004-04-07 Slimming and dieting has become such a fixation among Singaporeans that manufacturers and distributors of weight reducing products are laughing all the way to the bank However the recent spate of controversies surrounding slimming pills is no laughing matter This book is a collection of articles accessible to anyone who wants to know more about the phenomenon its consequences and related topics Its purpose is not to champion the ideal of being slim but rather to provide a platform for meaningful discussion and for educating the general public about a healthier way of living Written by people from all walks of life such as doctors lawyers academics counsellors and journalists the book takes a thoughtful and at times light hearted look at Singaporeans obsession with their body image and reflects on other issues it raises The star attractions of this book are interviews with two of Singapore s best loved comedians Moses Lim and Hossan Leong Let them give you a humorous first hand account of how they view and come to terms with their own body size and turn it into confidence both on and off the stage

The Fat Studies Reader Esther D. Rothblum, Sondra Solovay, 2009-11-04 Explores a wide range of topics related to body weight From the historical construction of fatness to public health policy from job discrimination to social class disparities from chick lit to airline seats this collection provides an overview of fat studies an examination of the movement s fundamental concerns and a look at its research

National Directory of Scholars, 2007

Slim Chance, Fat Hope Catherine Swee Kian Tay, 2004 Slimming and dieting has become such a fixation among Singaporeans that manufacturers and distributors of weight reducing products are laughing all the way to the bank However the recent spate of controversies surrounding slimming pills is no laughing matter This book is a collection of articles accessible to anyone who wants to know more about the phenomenon its consequences and related topics Its purpose is not to champion the ideal of being slim but rather to provide a platform for meaningful discussion and for educating the general public about a healthier way of living Written by people from all walks of life such as doctors lawyers academics counsellors and journalists the book takes a thoughtful and at times light hearted look at Singaporeans obsession with their body image and reflects on other issues it raises The star attractions of this book are interviews with two of Singapore s best loved comedians Moses Lim and Hossan Leong Let them give you a humorous first hand account of how they view and come to terms with their own body size and turn it into confidence both on and off the stage

The Schwarzbein Principle, Program Diana Schwarzbein, 2010-01-01 In The Schwarzbein Principle which has sold more than 250 000 copies Dr Diana Schwarzbein laid out her revolutionary secret to long term health and weight control balance your metabolism to re energize your immune system Her optimal health program included steps to Balance a low carb low fat diet Reduce stress through calming exercises Taper off chemical dependency to tobacco alcohol and caffeine Eliminate cardio exercise in favor of resistance training and stretching Now for the first time Dr Schwarzbein gives readers what they have been asking for week by week steps they can use to implement

this system into their lives The pay off for making the switch A renewed metabolic system that creates long term health vitality energy slower aging and the ideal body While other diet programs promise little more than a temporary crash weight loss regimen Dr Schwarzbein s plan offers something much better a permanent body change and an end to yo yo dieting For any of you who have read any of my books on Somersizing you know what an important role Dr Schwarzbein plays in my life She is an awesome doctor Suzanne Somers 1 New York Times bestselling author of The Sexy Years Don t count calories Fix your metabolism instead Fortune Small Business Key Features Thousands of followers of The Schwarzbein Principle have been asking for this book the perfect complement to her breakthrough program A perfect model for today that incorporates both the low carb and low fat approaches The anti aging component is a hot button for the baby boomer generation The workbook format offers questions and fill in spaces that make it user friendly

Women Who Tri: A Reluctant Athlete's Journey into the Heart of America's Newest Obsession , **Some Die Mad** Edward Beardshear,2003-05-28 Young Malcolm Ward s father dies and he is betrayed into Mid State Hospital by a cruel and greedy uncle Malcolm is imprisoned on the Acute Violent and Forensic Ward where he discovers both art and the art of survival Later in the general hospital population he fights to save a pretty young lady patient in his group therapy from a psychotic superintendent This activates a system already clearly out to kill him After he is blitzed by a series of unneeded shock treatments and sent to a back ward to die he slowly recovers by painting and crafting sculpture He falls in love with a devoted occupational therapist who reciprocates And to make himself whole for her he escapes the hospital to find a new and truer life in a blazing finale of enlightened madness in New York s Greenwich Village

Teen Obsession Regan Rhea,2008 **We are Fat and We are Legion** Benjamin Duffy,2014-04-06 When fat civil rights activist Gabby Medeiros s supersized boyfriend decides to lose weight he unwittingly forms a fissure in their relationship Can their relationship survive As a fat acceptance warrior Gabby necessarily rejects dieting as unhealthy and counterproductive A telephone bill collector by day she spends two evenings a week doing what she really loves pontificating from her position at the local radio station about the evils of the diet industry and a society that shames those who don t fill out the proper dimensions Though people sometimes snicker at the cause she holds so dear fat acceptance is very serious business for Gabby When her live in beau Denny Emory tells her that he is going to lose weight in order to control his diabetes Gabby advises against it Slowly his diet changes the very dynamic of their relationship to the point that Gabby questions whether it will survive

Journal of the American Dietetic Association ,1995

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