



# THE BODY PROJECT

## An Intimate History of American Girls

JOAN JACOBS BRUMBERG

"Fascinating... riveting... Women and girls should read this  
fine book together." — *The New York Times Book Review*

# **The Body Project An Intimate History Of American Girls**

**Cheryl Krasnick Warsh**



## **The Body Project An Intimate History Of American Girls:**

**The Body Project** Joan Jacobs Brumberg, 2010-06-09 The award winning author of *Fasting Girls* explores what teenage girls have lost in this new world of freedom and consumerism a world in which the body is their primary project Fascinating riveting Women and girls should read this fine book together The New York Times Book Review 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 character 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 **BODY PROJECT: AN INTIMATE HISTORY OF AMERICAN GIRLS.**, 2002

*The Body Project* Joan Jacobs Brumberg, 1998-01 Explains how growing up female has changed over the past century and argues that American girls have come to define themselves more and more through their bodies **The American Body in Context** Jessica R. Johnston, 2001 From Marilyn Monroe to the Spice Girls from Grover Cleveland to President Clinton to one s naked form reflected in the mirror each morning Americans are taught to read bodies as symbols displaying and revealing hidden truths about the individual and his or her behaviours Any discussion of the body becomes complex and muddled as one tries to analyze how and why certain body types are attributed certain meanings **Having Sex, Wanting Intimacy** Jill P. Weber, 2013-02-01 Finding lasting love and intimacy can be difficult for many women Some end up agreeing to sexual relationships hoping that they may lead to longer more fulfilling relationships only to be let down when they don t Here Jill Weber explains why women feel forced into a male model of dating that barter sex for the unrealistic hope that it will lead to emotional intimacy What it leads to for the woman most often is disappointment despair and impaired self esteem Sextimacy as Weber terms it traps women in relationships that are one sided and lack emotional intimacy When this happens women routinely blame themselves instead of realizing they should blame their romantic strategy This book in a step by step progression shows a better way to break the cycle and cultivating better relationships It teaches women how to recognize when they are in a Sextimacy event as opposed to the beginning of a mutually fulfilling relationship that won t leave them racked with morning after regrets And it gives clear direction about what women can do to find warm romantic partnerships that serve their needs Using real stories from women of various ages and stages of life Weber shows how patterns of

behavior may develop that produce a vulnerability to being used Starting in childhood and proceeding through the crucial teen years she illustrates the factors that may go into this limited approach to cultivating romantic relationships and provides clear tips on how to stop Including a series of self assessments the book offers women insight into the patterns that rob them of the opportunities to grow and to fulfill their emotional needs Anyone struggling to break the cycle of having sex without the attendant intimacy they crave will find in these pages a warm and ready approach to finding love and fulfillment

**The Routledge Companion to Identity and Consumption** Ayalla Ruvio, Russell W. Belk, 2013 The Routledge Companion to Identity and Consumption introduces the reader to state of the art research written by the world's leading scholars regarding the interplay between identity and consumption With chapters discussing the theory research and practical implications of the relationships between identity and consumption including for example the way they change across our life span this book will be a valuable reference source for students and academics from a variety of disciplines

**Body Image and Identity in Contemporary Societies** Ekaterina Sukhanova, Hans-Otto Thomashoff, 2015-03-24 Popular interest in body image issues has grown dramatically in recent years due to an emphasis on individual responsibility and self determination in contemporary society as well as the seemingly limitless capacities of modern medicine however body image as a separate field of academic inquiry is still relatively young The contributors of Body Image and Identity in Contemporary Societies explore the complex social political and aesthetic interconnections between body image and identity It is an in depth study that allows for new perspectives in the analysis of contemporary visual art and literature but also reflects on how these social constructs inform clinical treatment Sukhanova and Thomashoff bring together contributions from psychoanalysts psychotherapists psychiatrists and scholars in the fields of the social sciences and the humanities to explore representations of the body in literature and the arts across different times and cultures The chapters analyse the social construction of the ideal body in terms of beauty gender sexuality race ethnicity class and disability from a broadly psychoanalytic perspective and traces the mechanisms which define the role of the physical appearance in the formation of identity and the assumption of social roles Body Image and Identity in Contemporary Societies unique interdisciplinary outlook aims to bridge the current gap between clinical observations and research in semiotic theory It will be of interest to psychoanalysts psychotherapists art therapists art theorists academics in the humanities and social sciences and those interested in an interdisciplinary approach to the issues of body image and identity Ekaterina Sukhanova is University Director of Academic Program Review at the City University of New York USA She serves as Scientific Secretary of the Section for Art and Psychiatry and the Section of Art and Psychiatry of the World Psychiatric Association She is also engaged in interdisciplinary research on cultural constructs of mental health and illness and curates exhibits of art brut as a vehicle for fighting stigma Hans Otto Thomashoff was born in Germany and lives in Vienna He is a psychiatrist psychoanalyst art historian and author of fiction and non fiction books He has been curator of several art exhibitions highlighting the connection between the psyche and art as well as president of the

section of Art and Psychiatry of the World Psychiatric Association and advisory committee member of the Sigmund Freud Foundation Vienna      The Sexualization of Childhood Sharna Olfman, 2008-11-30 Only a generation or two ago childhood in the United States was understood to be a unique and vulnerable stage of development a time for play and protection from adult preoccupations and responsibilities In recent decades however we appear to have jettisoned these norms and the lines that separate the lifestyles of even very young children from adults are blurring As widely known experts on the team that created this book explain children begin formal education now in preschool dress like adults listen to the same music play the same video games explore the same Internet sites and watch explicit depictions of sex and violence on TV and in movies What is the impact of immersing children in a sexualized world The Sexualization of Childhood first explains the nature of healthy sexual development It then describes the ways in which children are being sexualized and the physical and psychological consequences It then looks at the lower and lower age at which girls are experiencing puberty that reduction being fueled by the pseudoestrogens in so many of our foods and products as well as obesity Finally it examines what we can do legally politically and as caregivers to protect children from developmentally inappropriate sexual experiences      **5**

**Conversations You Must Have with Your Daughter, Revised and Expanded Edition** Vicki Courtney, 2019-03-01 From the cradle to college tell your daughters the truth about life before they believe the culture's lies For mothers with girls newborn to eighteen Five Conversations You Must Have with Your Daughter is simply a must have book Youth culture commentator Vicki Courtney helps moms pinpoint and prepare the discussions that should be ongoing in their daughters formative years To fully address the dynamic social and spiritual issues and influencers at hand several chapters are written for each of the conversations which are 1 Don't let the culture define you 2 Guard your heart 3 Have a little sex respect 4 Childhood is only for a season 5 You are who you've been becoming The book also includes questions at the end of each conversation to help facilitate individual or group study      Media Studies Paul Long, 2014-07-10 Media Studies Texts Production Context 2nd Edition is a comprehensive introduction to the various approaches in the field From outlining what media studies is to encouraging active engagement in research and analysis this book advocates media study as a participatory process and provides a framework and set of skills to help you develop critical thinking Updated to reflect the changing media environment Media Studies retains the highly praised approach and style of the first edition Key Features Five sections media texts and meanings producing media media audiences media and social contexts historiography examine approaches to the field including new and web media traditional print and broadcast media popular music computer games photography and film An international perspective allows you to view media in a global context Examines media audiences as consumers listeners readerships and members of communities Guidance on analytical tools language a range of theories and analytical techniques to give you the confidence to navigate research and make sense of the field New for the second edition New case studies including Google My Big Fat Gypsy Wedding the life of a freelance journalist phone hacking at News

International and collaborative journalism New Media New Media Studies is an additional feature which brings into focus ways of thinking about new media forms Media Studies Texts Production Context 2nd Edition will be essential reading for undergraduate and postgraduate students of media studies cultural studies communication studies film studies the sociology of the media popular culture and other related subjects *Using Art Therapy with Diverse Populations* Sangeeta Prasad, Paula Howie, Jennie Kristel, 2013-08-28 With contributions from experienced art therapists who have worked in diverse environments around the world this book provides readers with a better understanding of how to adapt art therapy training and approaches to suit the settings and meet the needs of distinct populations **Gender, Health, and Popular Culture** Cheryl Krasnick Warsh, 2011-07-07 Health is a gendered concept in Western cultures Customarily it is associated with strength in men and beauty in women This gendered concept was transmitted through visual representations of the ideal female and male bodies and ubiquitous media images resulted in the absorption of universal standards of beauty and health and generalized desires to achieve them Today genuine or self styled experts from physicians to newspaper columnists to advertisers offer advice on achieving optimal health Topics in this collection are wide ranging and include childbirth advice in Victorian Australia and Cold War America menstruation films Canadian abortion tourism the Pap smear the Body Worlds exhibition and fat liberation Masculinity is explored among drunkards in antebellum Philadelphia and family memoirs during the 1980s AIDS epidemic Seemingly objective public health advisories are shown to be as influenced by commercial interests class gender and other social differentiations as marketing approaches are and the message presented is mediated to varying degrees by those receiving it This book will be of interest to scholars in women s studies health studies marketing media studies social history and anthropology and popular culture **The Body** Tiffany Atkinson, 2005-09-11 What do we mean when we talk about the body This Reader challenges the assumption that it can be invoked as a neutral or indeed natural point of reference in critical discussion or cultural practice The essays collected here foreground the historical construction of the body throughout a range of discourses from the modern to the postmodern and seek to present it not as a biological given but as a contestable signifier in the articulation of identities **Perfect Girls, Starving Daughters** Courtney E. Martin, 2007-04-17 Why does every one of my friends have an eating disorder or at the very least a screwed up approach to food and fitness writes journalist Courtney E Martin The new world culture of eating disorders and food and body issues affects virtually all not just a rare few of today s young women They are your sisters friends and colleagues a generation told that they could be anything who instead heard that they had to be everything Driven by a relentless quest for perfection they are on the verge of a breakdown exhausted from overexercising bingeing purging and depriving themselves to attain an unhealthy ideal An emerging new talent Courtney E Martin is the voice of a young generation so obsessed with being thin that their consciousness is always focused inward to the detriment of their careers and relationships Health and wellness joy and love have come to seem ancillary compared to the desire for a perfect body Even though eating disorders

first became generally known about twenty five years ago they have burgeoned worsened become more difficult to treat and more fatal 50 percent of anorexics who do not respond to treatment die within ten years Consider these statistics Ten million Americans suffer from eating disorders Seventy million people worldwide suffer from eating disorders More than half of American women between the ages of eighteen and twenty five would prefer to be run over by a truck or die young than be fat More than two thirds would rather be mean or stupid Eating disorders have the highest mortality rate of any psychological disease In *Perfect Girls Starving Daughters* Martin offers original research from the front lines of the eating disorders battlefield Drawn from more than a hundred interviews with sufferers psychologists nutritionists sociocultural experts and others her expos reveals a new generation of perfect girls who are obsessive compulsive overachieving and self sacrificing in multiple and often dangerous new ways Young women are told over and over again Martin notes that we can be anything But in those affirmations assurances and assertions was a concealed pressure an unintended message You are special You are worth something But you need to be perfect to live up to that specialness With its vivid and often heartbreaking personal stories *Perfect Girls Starving Daughters* has the power both to shock and to educate It is a true call to action and cannot be missed

**The Oxford Handbook of Identity Development** Kate C. McLean, Moin U. Syed, 2015 Identity is defined in many different ways in various disciplines in the social sciences and sub disciplines within psychology The developmental psychological approach to identity is characterized by a focus on developing a sense of the self that is temporally continuous and unified across the different life spaces that individuals inhabit Erikson proposed that the task of adolescence and young adulthood was to define the self by answering the question Who Am I There have been many advances in theory and research on identity development since Erikson's writing over fifty years ago and the time has come to consolidate our knowledge and set an agenda for future research The *Oxford Handbook of Identity Development* represents a turning point in the field of identity development research Various and disparate groups of researchers are brought together to debate extend and apply Erikson's theory to contemporary problems and empirical issues The result is a comprehensive and state of the art examination of identity development that pushes the field in provocative new directions Scholars of identity development adolescent and adult development and related fields as well as graduate students advanced undergraduates and practitioners will find this to be an innovative unique and exciting look at identity development

**Girlhood in America** Miriam Forman-Brunell, 2001-06-08 This groundbreaking reference work presents more than 100 articles by 98 high profile interdisciplinary scholars covering all aspects of girls roles in American society past and present In this comprehensive readable two volume encyclopedia experts from a variety of disciplines contribute pieces to the puzzle of what it means and what it has meant over the last 400 years to be a girl in America The portrait that emerges reveals deep differences in girls experiences depending on socioeconomic context religious and ethnic traditions family life schools institutions and the messages of consumer and popular culture Girls have been commodified idealized trivialized eroticized

and shaped by the powerful forces of popular culture from Little Women to Barbie Yet girls are also powerful co creators of the culture that shapes them often cleverly subverting it to their own purposes From Pocahantas to punk rockers girls have been an integral if overlooked and undervalued part of American culture      **Eating Disorders** Raymond Lemberg, Leigh Cohn, 1998-12-15 Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life threatening conditions This volume is a substantially updated and expanded version of Controlling Eating Disorders with Facts Advice and Resources Oryx 1992

**Encyclopedia of Body Image and Human Appearance** ,2012-04-11 This scholarly work is the most comprehensive existing resource on human physical appearance how people s outer physical characteristics and their inner perceptions and attitudes about their own appearance body image affect their lives The encyclopedia s 117 full length chapters are composed and edited by the world s experts from a range of disciplines social behavioral and biomedical sciences The extensive topical coverage in this valuable reference work includes 1 Important theories perspectives and concepts for understanding body image and appearance 2 Scientific measurement of body image and physical attributes anthropometry 3 The development and determinants of human appearance and body image over the lifespan 4 How culture and society influences the meanings of human appearance 5 The psychosocial effects of appearance altering disease damage and visible differences 6 Appearance self change and self management 7 The prevention and treatment of body image problems including psychosocial and medical interventions Chapters are written in a manner that is accessible and informative to a wide audience including the educated public college and graduate students and scientists and clinical practitioners Each well organized chapter provides a glossary of definitions of any technical terms and a Further Reading section of recommended sources for continued learning about the topic Available online via ScienceDirect or in a limited release print version The Encyclopedia of Body Image and Human Appearance is a unique reference for a growing area of scientific inquiry It brings together in one source the research from experts in a variety of fields examining this psychological and sociological phenomenon The breadth of topics covered and the current fascination with this subject area ensure this reference will be of interest to researchers and a lay audience alike      **Porn Generation** Ben Shapiro, 2013-02-05 Shapiro captures a generation through first person reporting interviews with refugees from the porn industry conversations with psychologist educators and students and a telling cultural critique

**The ^AOxford Handbook of the Sociology of Body and Embodiment** Natalie Boero, Katherine Mason, 2020-11-02 The Oxford Handbook of the Sociology of Body and Embodiment introduces the sociological research methods and subjects that are key to the growing field of body and embodiment studies With an emphasis on empirical evidence and diverse lived experiences this handbook demonstrates how studying the bodily offers unique insights into a range of social norms institutions and practices



The Top Books of the Year The Body Project An Intimate History Of American Girls The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. The Body Project An Intimate History Of American Girls : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Body Project An Intimate History Of American Girls : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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