

"Not another how-to, but a clear and informative guide to the larger issues involved in weight control." —Kirkus

# THE **SKINNY** on Fat

**OUR OBSESSION**  
WITH WEIGHT CONTROL

**SHAWNA VOGEL**

# **Skinny On Fat Our Obsession With Weight Control**

**Arthur W. Halliday, MD, Judy Wardell  
Halliday, R.N.**



## **Skinny On Fat Our Obsession With Weight Control:**

**Ethical Consumption** Tania Lewis, Emily Potter, 2013-01-11 A not so quiet revolution seems to be occurring in wealthy capitalist societies supermarkets selling guilt free Fairtrade products lifestyle TV gurus exhorting us to eat less buy local and go green neighbourhood action groups bent on swopping not shopping And this is happening not at the margins of society but at its heart in the shopping centres and homes of ordinary people Today we are seeing a mainstreaming of ethical concerns around consumption that reflects an increasing anxiety with and accompanying sense of responsibility for the risks and excesses of contemporary lifestyles in the global north This collection of essays provides a range of critical tools for understanding the turn towards responsible or conscience consumption and in the process interrogates the notion that we can shop our way to a more ethical sustainable future Written by leading international scholars from a variety of disciplinary backgrounds and drawing upon examples from across the globe Ethical Consumption makes a major contribution to the still fledgling field of ethical consumption studies This collection is a must read for anyone interested in the relationship between consumer culture and contemporary social life

**Critical Feminist Approaches to Eating Dis/Orders** Helen Malson, Maree Burns, 2009-06-02 Over the past decade there have been significant shifts both in feminist approaches to the field of eating disorders and in the ways in which gender bodies body weight body management and food are understood represented and regulated within the dominant cultural milieus of the early twenty first century Critical Feminist Approaches to Eating Dis Orders addresses these developments exploring how eating disordered subjectivities experiences and body management practices are theorised and researched within postmodern and post structuralist feminist frameworks Bringing together an international range of cutting edge contemporary feminist research and theory on eating disorders this book explores how anorexia nervosa bulimia nervosa and obesity cannot be adequately understood in terms of individual mental illness and deviation from the norm but are instead continuous with the dominant cultural ideas and values of contemporary cultures This book will be essential reading for academic graduate and post graduate researchers with an interest in eating disorders and critical feminist scholarship across a range of disciplines including psychology sociology cultural studies and gender studies as well as clinicians interested in exploring innovative theory and practice in this field

The Obesity Epidemic Michael Gard, Jan Wright, 2005-04-28 Increasing obesity levels are currently big news but do we think carefully enough about what this trend actually means Everybody including doctors parents teachers sports clubs businesses and governments has a role to play in the war on obesity But is talk of an obesity crisis justified Is it the product of measured scientific reasoning or age old habits of mind Why is it happening now And are there potential risks associated with talking about obesity as an epidemic The Obesity Epidemic proposes that obesity science and the popular media present a complex mix of ambiguous knowledge familiar yet unstated moral agendas and ideological assumptions

*Mirror, Mirror - Dr Linda's Body Image Revolution* Linda Papadopoulos, 2004

**New Directions in Social Theory, Education and Embodiment**

John Evans, Brian Davies, 2014-10-29 This book exemplifies the nurturing spirit of inter discursive debate with a view to opening up new theoretical and empirical insights understanding and engagement with debates on issues relating to pedagogy policy equity and embodiment From a variety of social science perspectives an international force of contributors apply a multitude of concepts to research agendas which illustrate the multiple ways in which the body both impacts culture and is simultaneously and seamlessly positioned and shaped by it maintaining social reproduction of class and cultural hierarchies and social regulation and control They attest that once we begin to trace the flow of knowledge and discourses across continents countries regions and communities by registering their re contextualisation both within various popular pedagogies e g newspapers film TV web pages IT and the formal and informal practices of schools families and peers we are compelled to appreciate the bewildering complexity of subjectivity and the ways in which it is embodied Indeed the chapters suggest that no matter how hegemonic or ubiquitous discursive practices may be they inevitably tend to generate both intended and unexpected affects and effects people and populations cannot easily be determined suppressed or controlled This book was originally published as a special issue of Sport Education and Society

**What We Don't Talk About When We Talk About Fat** Aubrey Gordon, 2020-11-17 From the creator of Your Fat Friend and co host of the Maintenance Phase podcast an explosive indictment of the systemic and cultural bias facing plus size people Anti fatness is everywhere In What We Don't Talk About When We Talk About Fat Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus sized people's experiences Unlike the recent wave of memoirs and quasi self help books that encourage readers to love and accept themselves Gordon pushes the discussion further towards authentic fat activism which includes ending legal weight discrimination giving equal access to health care for large people increased access to public spaces and ending anti fat violence As she argues I did not come to body positivity for self esteem I came to it for social justice By sharing her experiences as well as those of others from smaller fat to very fat people she concludes that to be fat in our society is to be seen as an undeniable failure unlovable unforgivable and morally condemnable Fatness is an open invitation for others to express disgust fear and insidious concern To be fat is to be denied humanity and empathy Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes 27% of very fat women and 13% of very fat men attempt suicide over 50% of doctors describe their fat patients as awkward unattractive ugly and noncompliant and in 48 states it's legal even routine to deny employment because of an applicant's size Advancing fat justice and changing prejudicial structures and attitudes will require work from all people What We Don't Talk About When We Talk About Fat is a crucial tool to create a tectonic shift in the way we see talk about and treat our bodies fat and thin alike

The Publishers Weekly, 1999      The Information Diet Clay A. Johnson, 2015-07-13 The modern human animal spends upwards of 11 hours out of every 24 in a state of constant consumption Not eating but gorging on information

ceaselessly spewed from the screens and speakers we hold dear Just as we have grown morbidly obese on sugar fat and flour so too have we become gluttons for texts instant messages emails RSS feeds downloads videos status updates and tweets We re all battling a storm of distractions buffeted with notifications and tempted by tasty tidbits of information And just as too much junk food can lead to obesity too much junk information can lead to cluelessness Publisher s blurb     **Psychology, Sixth Edition in Modules** David G. Myers,2001-07 The hardcover spiralbound edition of Myers s new modular version of Psychology 6 e     **Crazy Sexy Diet** Kris Carr,Sheila Buff,2011-01-17 The author of the best selling Crazy Sexy Cancer Tips and Crazy Sexy Cancer Survivor takes on the crazy sexy subject of what and how we eat drink and think Crazysexydiet.com On the heels of Kris Carr s best selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone s health Infused with her signature sass wit and advice from the trenches style Crazy Sexy Diet is a beautifully illustrated resource that puts you on the fast track to vibrant health happiness and a great ass Along with help from her posse of experts Carr lays out the fundamentals of her Crazy Sexy Diet a low glycemic vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods nourishing organic green drinks and scrumptious smoothies Plus she shares the steps of her own twenty one day cleanse and simple but delectable sample recipes In ten chapters with titles such as pHabulous Coffee Cupcakes and Cocktails Make Juice Not War and God Pod Glow Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches advice that draws both on her personal experience as a cancer survivor and that of experts she provides helpful hints on natural personal care how to stretch a dollar navigate the grocery store eating well on the run and working through the inevitable pangs and cravings for your old not so healthy life Crazy Sexy Diet is a must for anyone who seeks to be a confident and sexy wellness warrior

Get Thin, Stay Thin Arthur W. Halliday, MD,Judy Wardell Halliday, R.N.,2008-01-01 Get Thin Stay Thin addresses the real reason we struggle with eating problems we try to use food to satisfy our souls As the Hallidays explain we all crave intimacy security and acceptance When these needs are not met we often turn to substitutes such as food The Hallidays go beyond trendy short term weight control plans and urge readers to allow God to satisfy their deepest hungers Anyone who has struggled with weight loss will benefit from this honest and thorough look at getting beyond the guilt and the ups and downs of yo yo dieting     **Thin Within** Judy Halliday,Arthur Halliday,2005-04-17 I want to lose weight but dieting just doesn t seem to work I ve tried everything and I m still three sizes too big Help I hate the way my body looks Sound familiar Like many women and men perhaps you have tried virtually every wtight loss plan that exists only to give up in disappointment and despair Have you faithfully counted fat grams and calories Have you subjected yourself week after week to the humiliation of hearing what your current weight should be compared to what it is Have you exercised excessively given up your favorite foods and felt guilty when you ve failed to meet your weight goals Time tested for more than 30 years Thin

Within is the original hunger fullness plan Tens of thousands of participants in the program have joyfully reported the release of unwanted weight More importantly they have maintained that weight with a new and incomparable peace with themselves and with the One who designed them Thin Within makes it possible to Identify and resolve issues that cause you to eat more than your body needs Leave diets behind forever Discover and enjoy those foods that promote health and vitality Experience the abundant life as you reach and maintain your natural God given size     Our Overweight Children Sharron

Dalton,2005-09-14 This handbook is for parents with overweight children and medical professionals who work with this population to help insure they don t grow up to be adults with serious health problems related to their excessive weight

Your Dieting Daughter...Is She Dying for Attention? Carolyn Costin,2013-06-20 This book focuses on the essentials of nutrition offering clear guidelines for healthy eating and dispelling many of the myths promoted by the diet industry A concise and informative review of the most popular diet programs helps set the record straight on what s behind all of those promotional campaigns to which adolescent and younger girls are regularly exposed The goal here is to help parents understand the kinds of pressure their daughters are under and to provide them with the necessary knowledge to work with their daughters rather than against them in forming a strong positive and clear sense of self     *Fat No More, Release the Subconscious Blocks that Prevent your Weight Loss* Marilyn Stompler,2007 Losing weight is not just about dieting or exercising as proved by the countless number of failed diets and exercise programs First you need to identify and let go of the many mental emotional subconscious and spiritual blocks also called M E S S blocks that prevent you from losing weight These blocks are the limiting beliefs thoughts or fears that prevent your weight loss     **Thin, Rich and Happy** Wayne E.

Nance,2007-03-13 This book tackles the three biggest lifestyle crises in America obesity debt and broken relationships The authors present a ten step plan that has helped thousands of people regain control of their lives     *Ironmom* Mette

Harrison,2013-06-25 From the personal tragedy of a stillbirth to an Ironman and beyond author and stay at home mom of five children Mette Ivie Harrison learned life lessons about accepting herself moving forward pushing to become better and bringing her family along the way sometimes kicking and screaming In this riveting and inspiring first person story of going from couch potato to nationally ranked triathlete Mette shares her experience training and racing with her family She explores how to manage a busy family how to ignore the things that don t matter and how to focus on goals that create a stronger you and a stronger family She shares how racing can be a vacation how racing with your children strengthens your family bond and how when you think you ve hit your wall whether in parenthood or during hour twelve in a triathlon how you can push through and succeed Part memoir part manual and all family this incredible story of how one mom chose to remake her life and her family will inspire you to achieve greater heights     **Joining the Thin Club** Judith Lederman,2009-01-21

Many books will help you lose weight But Joining the Thin Club will help you keep the weight off for good After losing 80 pounds and going from a size 22 to a size 8 Judith Lederman has beaten the odds and stayed slim for several years

Combining her experience with the professional expertise of Larina Kase Psy D Joining the Thin Club offers advice for every aspect of your new life from handling compliments and reconciling the inner you with the new outer you to negotiating social eating and keeping exercise interesting All the common fears and challenges that you as someone who is losing or has lost weight will face are addressed With Joining the Thin Club you ll learn to Deal with temptation and prevent a backslide Break out of the negative self critiquing rut and appreciate all you ve achieved Create new goals to keep you inspired Embrace the ongoing process of mind and body toning Eliminate the stressors that caused you to become heavy in the first place Eliminate the stressors that caused you to become heavy in the first place With this candid straightforward book you ll be able to set realistic goals regarding your weight address your body image concerns and adhere to a plan for exercise and a healthy diet because when you join The Thin Club you ll want to be a member for life      **Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2024-05-20 Now in its third edition Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with binge and emotional eating chronic dieting and body image Divided into three sections The Problem The Treatment and The Solution this book is filled with compelling clinical examples visualizations and exercises that professionals can use to deepen their knowledge and skills as they help clients find freedom from preoccupation with food and weight New research on diet failure health weight and weight stigma makes a case for why clinicians must reflect on their own attitudes and biases to understand how a weight loss focus can harm clients In addition to addressing the symptoms dynamics and treatment of eating problems this book presents a holistic framework that includes topics such as cultural ethical and social justice issues the role of self compassion and promoting physical and emotional well being for people of all shapes and sizes Drawing from the attuned eating and weight inclusive frameworks this book serves as an essential resource for both new clinicians and those interested in shifting their clinical approach Trauma informed and filled with compelling client stories and step by step strategies Beyond a Shadow of a Diet offers professionals and their clients a positive evidence based model for making peace with food their bodies and themselves      *The Library Journal*, 1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

## **Skinny On Fat Our Obsession With Weight Control** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Skinny On Fat Our Obsession With Weight Control**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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web lonely days is a testament to yaremi s loneliness and the fact that lonely days still lie ahead of her for yaremi there is no hope that the lonely days would ever end she is nevertheless willing to face the days that lie ahead without fear

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