



The Body Project: An Intimate History of American Girls

Joan Jacobs Brumberg

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"Timely and sympathetic . . . a work of impassioned advocacy." --**People**

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 inner beauty 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.

"Joan Brumberg's book offers us an insightful and entertaining history behind the destructive mantra of the '90s--'I hate my body!'" --Katie Couric

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The reason why? Because this *The Body Project: An Intimate History of American Girls* is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will surprise you with the secret this inside. Reading this book next to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I had been you I will go to the publication store hurriedly.

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