



Fat Is a Feminist Issue

Susie Orbach

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THE ORIGINAL ANTI-DIET BOOK IS BACK - In one volume together with its bestselling sequel When it was first published, Fat Is A Feminist Issue became an instant classic and it is as relevant today as it was then. Reflecting on our increasingly diet and body-obsessed society, Susie Orbach's new introduction explains how generations of women and girls are growing up absorbing the eating anxieties around them. In an age where women want to be sexy, nurturing, domestic goddesses, confident at work, and feminine too, the twenty-first-century woman is poorly armed for survival. Never before has the Fat Is A Feminist Issue revolution been more in need of revival. Exploring our love/hate relationship with food, Susie Orbach describes how fat is about so much more than food. It is a response to our social situation; the way we are seen by others and ourselves. Too often food is a source of anguish, as are our bodies. But Fat Is A Feminist Issue discusses how we can turn food into a friend and find ways to accept ourselves for who and how we are. Following the step-by-step guide, and you too can put an end to food anxieties and dieting.

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