

## Fat Is A Feminist Issue

*This work examines a number of sites of struggle over the cultural meaning of fatness. It is grounded in scholarship on identity politics, the social construction of beauty, and the subversion of hegemonic medical ideas about the dangers of fatness. Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, The New York Times called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized case studies. Insightful and honest about a process often necessarily shrouded in secrecy, In Therapy: The Unfolding Story is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.*

*Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.*

*A Practical Book/tape Programme to Conquer Compulsive Eating*

*The Giving Tree*

*The Anti-diet Guide for Women*

*Fat is a Feminist Issue ...*

*Fit at Mid-Life*

*The Struggle to Redefine Fat Identity*

*A Slim Book*

In this book I have struggled with certain words without a satisfactory conclusion. I am unhappy about all the words used to describe the person who visits the therapist's consulting room. Is she or he a patient? Well, sometimes yes. Certain individuals like that word because it captures for them the sense that there is something wrong, an emotional illness. Is she or he a client? Again, sometimes yes. Certain individuals like that word because it connotes a kind of consultative process. Is she or he an analysand? Certain individuals like this word because it conveys something about the process of a therapy and it has a symmetry: analyst-analysand. I myself find that all these words capture something about the therapy and the therapy process but are considerably less than perfect. In what follows I have chosen to use the words interchangeably, as well as the words psychotherapist, therapist and analyst. In the text, in the musings in italics, I have usually referred to the primary carer in the person's early life as mother. I realize that this is not always the case. There are fathers who have primary responsibility for their children from birth and there are relatives and nannies who fulfil this role. Rarely in my clinical experience of seeing adults has this role been an enterprise between two people in the way that it is becoming for some couples with children today. We have yet to see the effects of joint child-rearing on adult psychologies so I have retained the notion of the mother or mother substitute, a notion which will have to be expanded as the generations now raising children make new arrangements between them. I have also chosen for simplicity's sake to use the word 'she' throughout for the personal pronoun rather than 'she or he'.

Susie Orbach is a psychotherapist and writer. With Luise Eichenbaum she co-founded The Women's Therapy Centre in London in 1976 and in 1981 The Women's Therapy Centre Institute in New York. She lectures extensively in Europe and North America, is a visiting Professor at the London School of Economics, and has a practice seeing individuals and couples and consulting to organizations. She is a frequent contributor to newspapers and magazines, as well as to radio and television programmes. Her other books on eating problems are *Fat is a Feminist Issue* (1978), *Fat is a Feminist Issue II* (1982) and *On Eating* (2002). With Luise Eichenbaum she has written *Understanding Women: A Feminist Psychoanalytic Account* (1982), *What do Women Want* (1983) and *Between Women* (1988). She is also the author of *What's Really Going on Here* (1993), *Towards Emotional Literacy* (1999) and *The Impossibility of Sex* (1999).

The body has become an increasingly significant concept in recent years and this Reader offers a stimulating overview of the main topics, perspectives and theories surrounding the issue. This broad consideration of the body presents an engagement with a range of social concerns, from the processes of racialization to the vagaries of fashion and performance art, enacted as surgery on the body. Individual sections cover issues such as: the body and social (dis)order bodies and identities bodily norms bodies in health and dis-ease bodies and technologies. Containing an extensive critical introduction, contributions from key figures such as Butler, Sedgwick, Martin Scheper-Huges, Haraway and Gilroy, and a series of introductions summarizing each section, this Reader offers students a valuable practical guide and a thorough grounding in the fascinating topic of the body.

Susie Orbach on Eating

The Anti-diet Guide to Permanent Weight Loss

Fat is a feminist issue ...

Women, Weight, and Feminist Activism in Canada

Fat is a Feminist

In Therapy

The Rhetoric and Structure of the Fat Acceptance Movement

"In this bold new book, Tovar eviscerates diet culture, proclaims the joyous possibilities of fatness, and shows us that liberation is possible." —Sarai Walker, author of *Unsettled*  
Growing up as a fat girl, Virgie Tovar believed that her body was something to be fixed. But after two decades of dieting and constant guilt, she was over it—and gave freedom to trust her own body again. Ever since, she's been helping others to do the same. Tovar is hungry for a world where bodies are valued equally, food is free from judgment, and you can jiggle through life with respect. In concise and candid language, she delves into unlearning fatphobia, dismantling sexist notions of fashion, and reject diet culture's greatest lie: that fat people need to wait before beginning their best lives. "This book feels like spending a margarita-soaked day at the beach with your smartest friend. Virgie Tovar shares juicy secrets and makes revolutionary ideas viscerally accessible. You'll be left enlightened, inspired, happier, and possibly angrier than when you started." —Joy Nash, actress  
"Tovar is a vital voice in contemporary activism, media, and feminism. The joy she takes in her own body and life, combined with her righteous anger she expresses at an oppressive world is a truly radical act. She is deeply thoughtful, but does not equivocate. She confronts bigotry, but does not engage in bullshit." —Kelsey Miller, author of *Big Girl*  
"Long-time body positive writer, speaker and activist Virgie Tovar is gifting brown round girls the book we've been hungry for."  
Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association  
How the female body has been racialized for over two hundred years  
There is an obesity epidemic in this country and poor black women are particularly stigmatized as "diseased" and a burden on the public health care system. This is only the most recent incarnation of fat black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of "savagery" and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early 20th century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important original work, *Fearing the Black Body* argues convincingly that fat phobia isn't about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

'Eating is pleasurable, eating is delicious, eating is sensual' says Susie. But for so many of us eating is associated with anguish and abstinence. From the first page this book shows us how to think and feel differently about what we eat. So that we eat when we are hungry, eat what we want to eat to satisfy us and stop when we are full. This book contains an easily absorbed bite-sized statement to transform eating that hurts into eating that nourishes and calms. This book isn't magic but it feels as if it is.

Fearing the Black Body

Queering Fat Embodiment

Revolting Bodies?

Dietland

Fat is a Feminist Issue

Good Girls Don't Eat Dessert

A Program to Conquer Compulsive Eating

***Discrimination based on body shape and size remains commonplace in today's society. This important volume explores the nature, causes, and consequences of weight bias and presents a range of approaches to combat it. Leading psychologists, health professionals, attorneys, and advocates cover***

*such critical topics as the barriers facing obese adults and children in health care, work, and school settings; how to conceptualize and measure weight-related stigmatization; theories on how stigma develops; the impact on self-esteem and health, quite apart from the physiological effects of obesity; and strategies for reducing prejudice and bringing about systemic change.*

*As The Giving Tree turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half, Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss the other Shel Silverstein ebooks, *Where the Sidewalk Ends* and *A Light in the Attic*!*

*This book speaks to the politics of weight through an interrogation of dieting, power and the body. In feminist theory, there is no greater site of contestation than that of the body, and Morris explores how these debates often become centred upon a dichotomy between oppression and liberation. Whilst there is a vast diversity of scholarship that challenges this binary including post-colonial, post-structuralist and Marxist feminist work, the dichotomy nevertheless endures. *The Politics of Weight* argues that the 'feminine' body is not simply a site of oppression or liberation by drawing upon the intersections that exist between Foucault's *Discipline and Punish* and post-structuralist feminist work on the body. This provides a unique lens for exploring weight. Through in-depth analysis of interviews with women who seemingly sit on either side of the 'oppression' and 'liberation' debate, members of dieting clubs and fat activists, the book highlights the complexities that surround women's relationship to weight and the body. Likewise it draws upon the wealth of black feminist scholarship to explore the discourses surrounding Oprah Winfrey's dieting 'journey,' seeking to demonstrate how discipline and race interact and how this plays out in dieting and weight. *The Politics of Weight* will be of interest to students and scholars across a range of disciplines, including gender studies, sociology, geography and political science.*

*Feminist Theology and Contemporary Dieting Culture*

*What's Wrong with Fat?*

*Bodies*

*The Impossibility of Sex*

*Sin, Salvation and Women's Weight Loss Narratives*

*Fat Boys*

*Book One, the Anti-diet & Book Two, Conquering Compulsive Eating*

*Esteemed Psychotherapist and writer Susie Orbach diagnoses the crisis in our relationship to our bodies and points the way toward a process of healing. Throughout the Western world, people have come to believe that general dissatisfaction can be relieved by some change in their bodies. Here Susie Orbach explains the origins of this condition, and examines its implications for all of us. Challenging the Freudian view that bodily disorders originate and progress in the mind, Orbach argues that we should look at self-mutilation, obesity, anorexia, and plastic surgery on their own terms, through a reading of the body itself. Incorporating the latest research from neuropsychology, as well as case studies from her own practice, she traces many of these fixations back to the relationship between mothers and babies, to anxieties that are transferred unconsciously, at a very deep level, between the two. Orbach reveals how vulnerable our bodies are, how susceptible to every kind of negative stimulus--from a nursing infant sensing a mother's discomfort to a grown man or woman feeling inadequate because of a model on a billboard. That vulnerability makes the stakes right now tremendously high. In the past several decades, a globalized media has overwhelmed us with images of an idealized, westernized body, and conditioned us to see any exception to that ideal as a problem. The body has become an object, a site of production and commerce in and of itself. Instead of our bodies making things, we now make our bodies. Susie Orbach reveals the true dimensions of the crisis, and points the way toward healing and acceptance.*

*Describes obesity in females as a response to the inequality of the sexes and offers women guidance in overcoming weight problems through a total reorientation to their bodies and their self-images*

*Hannah Bacon draws on qualitative research conducted inside one UK secular commercial weight loss group to show how Christian religious forms and theological discourses inform contemporary weight-loss narratives. Bacon argues that notions of sin and salvation resurface in secular guise in ways that repeat well-established theological meanings. The slimming organization recycles the Christian terminology of sin - spelt 'Syn' - and encourages members to frame weight loss in salvific terms. These theological tropes lurk in the background helping to align food once more with guilt and moral weakness, but they also mirror to an extent the way body policing techniques in Christianity have historically helped to cultivate self-care. The self-breaking and self-making aspects of women's Syn-watching practices in the group continue certain features of historical Christianity, serving in similar ways to conform women's bodies to patriarchal norms while providing opportunities for women's self-development. Taking into account these tensions, Bacon asks what a specifically feminist theological response to weight loss might look like. If ideas about sin and salvation service hegemonic discourses about fat while also empowering women to shape their own lives, how might they be rethought to challenge fat phobia and the frenetic pursuit of thinness? As well as naming as 'sin' principles and practices which diminish women's appetites and bodies, this book forwards a number of proposals about how salvation might be performed in our everyday eating habits and through the cultivation of fat pride. It takes seriously the conviction of many women in the group that food and the body can be important sites of power, wisdom and transformation, but channels this insight into the construction of theologies that resist rather than reproduce thin privilege and size-ist norms.*

*Fat is a Feminist Issue II*

*Fat Tactics*

*Nature, Consequences, and Remedies*

*A Reader*

*the anti-diet guide to permanent wight loss*

*Weight Bias*

*Hunger Strike*

A practical self-help book designed to help women cope with the pressures of and modern attitudes toward weight and sex shares insights into our obsession with the "perfect body" and helps women resolve their conflicts in a healthy, positive way. 25,000 first printing.

Using Anthony Giddens' Structuration theory and rhetorical theory, this book identifies fat acceptance activists' tactics to end fat stigma. The book covers the benefits and detriments of social media in fat acceptance activism, the importance of symbolism and rhetorical savvy, and the use of narrative in fat activism.

A uniquely feminist approach to how women can break free from what society thinks and get active in their forties, fifties, and beyond. What if you could be fitter now than you were in your twenties? And what if you could achieve it while feeling more comfortable and confident in your body than ever before? In this empowering, accessible book, bloggers and professors Samantha Brennan and Tracy Isaacs offer a new approach to fitness—one that champions strength, health, and personal accomplishment over weight loss and aesthetics. They share their own experiences of getting active later in life and explore the many challenges, questions, and issues women face when seeking fitness in their forties, fifties, and beyond. Drawing from the latest research and their popular blog *Fit Is a Feminist Issue*, they deliver a wealth of concrete advice on everything from how to keep bones strong to what types of fitness activities give the biggest returns. Taking a feminist perspective, the authors also challenge society's default whats, whys, and hows of every aspect of getting fit to show how women can best take charge of their health—no matter what their shape, size, age, or ability.

Being Fat

The Unfolding Story

The Body

The Racial Origins of Fat Phobia

The Anorectic's Struggle as a Metaphor for our Age

Fat is a feminist issue

YoungGiftedandFat

What's Wrong with Fat? examines the social implications of understanding fatness as a medical health risk, disease, and epidemic. Examining the ways in which debates over fatness have developed, Abigail Saguy argues that the obesity crisis literally makes us fat, intensifies negative body image, and justifies weight-based discrimination.

Originally published in two volumes, this ground-breaking program shows women how to avoid the dieting/binging cycle and learn practical and effective techniques to understand why they use food to fill emotional and psychological needs.

A fresh and provocative debut novel about a reclusive young woman saving up for weight loss surgery when she gets drawn into a shadowy feminist guerilla group called "Jennifer"—equal parts Bridget Jones's Diary and Fight Club

Fat is a Feminist Issue - how to Loose Weight Permanently, Without Dieting

Feminist Perspectives on Eating Disorders

The Fat Jesus

The Anti-diet Guide ; Fat is a Feminist Issue II : Conquering Compulsive Eating

Delicacy

A Memoir about Cake and Death

How to Lose Weight Permanently - Without Dieting

THE ORIGINAL ANTI-DIET BOOK IS BACK - in one volume together with its best-selling 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. Updated throughout, it includes a frank new introduction by Susie Orbach that brings this book to a new generation of readers whilst offering a current perspective for its original fans. With an increasingly dominant diet industry, costing the consumer millions of pounds each year, Susie Orbach's best-selling classic is as important as ever in helping women to love their own body and face the demands of 21st-century living with confidence.

Fat Is a Feminist Issue Random House

We are living in a food and body image obsessed culture. We are encouraged to over-consume by the marketing and media that surround us and then berated by those same forces for doing so. At the same time, we are bombarded with images of unnaturally thin celebrities who go to enormous lengths to retain an unrealistic body image, either by extremes of dieting or through plastic surgery or both. The spiritual realm is not immune from these pressures, as can be seen in the flourishing of biblically and faith based weight loss programs that encourage women to lose weight physically and gain spiritually. Isherwood examines this environment in light of Christian tradition, which has often had a difficult relationship with sexuality and embodiment and which has promoted ideals of restraint and asceticism. She argues that part of the reason for our current obsession and bizarre treatment of issues around weight, size and looks is that secular society has unknowingly absorbed many of its negative attitudes towards the body from its Christian heritage. Isherwood argues powerfully that there are resources within Christianity that can free us from this thinking, and lead us towards a more holistic, incarnational view of what it is to be human. The Fat Jesus provides a fascinating study of the complex ways that food, women and religion interconnect, and proposes a theology of embrace and expansion emphasizing the fullness of our incarnation.

The Anti-diet Guide for Women + Fat is a Feminist Issue II

Christianity and Body Image

An Autoethnography of Size, Sexuality, and Privilege

Feminist Dichotomies of Power in Dieting

how to lose weight permanently without dieting

Fat

Young Gifted and Fat is a critical autoethnography of "performing thin"—on the stage and in life. Sharrell D. Lockett's story of weight loss and gain and playing the (beautiful, desirable, thin) leading lady showcases an innovative and interdisciplinary approach to issues of weight and self-esteem, performance, race, and gender. Sharrell structures her project with creative text, interviews, testimony, journal entries, dialogues, monologues, and deep theorizing through and about the abundance of flesh. She explores the politics of Black culture, and particularly the intersections of her lived and embodied experiences. Her body and body transformation becomes a critical praxis to evidence fat as a feminist issue, fat as a Black-girl-woman issue, and fat as an ideological construct that is as much on the brain as it is on the body. Young Gifted and Fat is useful to any area of research or course offering taking up questions of size politics at the intersections of race and sexuality.

Cultural anxieties about fatness and the attendant stigmatisation of fat bodies, have lent a medical authority and cultural legitimacy to what can be described as 'fat-phobia'. Against the backdrop of the ever-growing medicalisation, pathologisation, and commodification of fatness, coupled with the moral panic over an alleged 'obesity epidemic', this volume brings together the latest scholarship from various critical disciplines to challenge existing ideas of fat and fat embodiment. Shedding light on the ways in which fat embodiment is lived, experienced, regulated and (re)produced across a range of cultural sites and contexts, Queering Fat Embodiment destabilises established ideas about fat bodies, making explicit the intersectionality of fat identities and thereby countering the assertion that fat studies has in recent years reproduced a white, ableist, heteronormative subjectivity in its analyses. A critical queer examination on fatness, Queering Fat Embodiment will be of interest to scholars of cultural and queer theory, sociology and media studies, working on questions of embodiment, stigmatisation and gender and sexuality.

He is the epitome of health or a walking time bomb. He is oversexed or sexless. He is jolly or hiding the tears of a clown. He is the picture of wealth and plenty or the bloated, malnourished emblem of poverty. He is the fat man—a cultural icon, a social enigma, a pressing medical issue—and he is the subject of this remarkably rich book. The figures that Sander L. Gilman considers, from the ugly fat man with the beautiful sylph trapped inside to the smart fat boy to the aging body desirous of rejuvenation, appear and reappear in different guises throughout Western culture. And as is often true of marginal cases, they serve to define the shifting center of our dreams and beliefs. A tentative exploration in the world of male body fantasies, Gilman's book asks how the representation of the fat man alters with time and alters how men relate to their own bodies and the bodies of others, both men and women. His examples—ranging from Santa Claus to Sancho Panza, from Falstaff to Babe Ruth, from Nero Wolfe to Al Roker—illustrate the complexity perennially associated with fat men. From discourses about normality to the playing fields of baseball, from Greek male beauty to the fat detective, Gilman's book examines and illuminates how cultures have imagined and portrayed the fat boy.

Stories of the Intimate Relationship between Therapist and Client

Fat Is a Feminist Issue

Changing Your Relationship to Food and Sex

The Politics of Weight

You Have the Right to Remain Fat

A Feminist Fitness Journey

Object Lessons is a series of short, beautifully designed books about the hidden lives of ordinary things. Public enemy. Crucial macronutrient. Health risk. Punchline. Moral epidemic. Sexual fetish. Moral failing. Necessary bodily organ. Conveyor of flavor. Freak-show spectacle. Never mind the stereotype, fat is never sedentary: its definitions and meanings are manifold and in constant motion. Demonized in medicine and public policy, adored by chefs and nutritional faddists (and let's face it, most of us who eat), fat is desired and abhorred when it comes to sex, and continually courted by a multi-billion-dollar fitness and weight-loss industry, for so many people "fat" is ironically nothing more than an insult or a state of despair. In Hanne Blank's *Fat* we find fat as state, as possession, as metaphor, as symptom, as object of desire, intellectual and carnal. Here, "feeling" merges, blurring the boundaries and infusing one another with richer, fattier meanings. Object Lessons is published in partnership with an essay series in *The Atlantic*.

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, 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 men have been absorbing the eating anxieties around them. In an age where women want to be sexy, nurturing, domestic goddesses, confident at work - an equal to their male counterparts, 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 affair 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. To find peace and 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. Follow this guide, and you too can put an end to food anxieties and dieting.

*Being Fat* examines the history of fat activism in Canada, correlating this history with second wave feminism and issues it was debating: femininity, sexuality, and health.