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Body outlaws : rewriting the rules of beauty and body image by Edut, Ophira. Publication date 2004 Topics Body image, Beauty, Personal, Feminine beauty (Aesthetics), Self-esteem in women, Identity (Psychology) Publisher Emeryville, CA : Seal Press : Distributed by Publishers Group West

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In short, you'll see no body outlaws. The writers in this groundbreaking anthology reveal a world where bodies come in all their many-splendored shapes, sizes, colors, and textures. In doing so, they expand the national dialogue on body image to include race, ethnicity, sexuality, and power—issues that, while often overlooked, are intimately linked to how women feel about their bodies.

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Pick up a magazine, turn on the TV, and you'll find few women who haven't been fried, dyed, plucked, or tucked. In short, you'll see no body outlaws. The writers in this groundbreaking anthology reveal a world where bodies come in all their many-splendored shapes, sizes, colors, and textures. In doing so,

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they expand the national dialogue on body image to include race, ethnicity, sexuality, and power?issues that, while often overlooked, are intimately linked to how women feel about their bodies. *Body Outlaws* offers stories by those who have chosen to ignore, subvert, or redefine the dominant beauty standard in order to feel at home in their bodies. In a culture where plastic surgery has become nearly as routine as a root canal, this expanded and updated edition of fresh and incisive commentary challenges the media's standard notions of beauty with honesty and humor. Included are several new essays outlining the latest trends in the beauty industry such as botox, plastic surgery, and exercise bulimia, as well as a fascinating analysis of how men are affected by these same rigors, a thorough resource section, and a curriculum guide.

A collection of personal, multicultural reflections by women presents a series of essays that reflect on their views of society's standard of beauty and of female identity, with works by Nomy Lamm, Lisa Jervis, and other writers of the new feminist generation. Original.

Combines ethnographic research with personal stories to provide a portrait of the daily lives of people who defy or violate the rules and conventions of the social norms regarding body modification, piercings and tattoos.

While fat sexual bodies are highly visible as vehicles for stigma, there has been a lack of scholarly research addressing this facet of contemporary body politics. *Fat Sex: New Directions in Theory and Activism* seeks to rectify this, bringing debates about fat sex into the academic arena and providing a much-needed critical space for voices from across the spectrum of theory and activism. It examines the

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intersection of fat, sex and sexuality within a contemporary cultural landscape that is openly hostile towards fat people and their perceived social and aesthetic transgressions. Acknowledging and engaging with some of the innovative work being done by artists, activists, and academics around the issue of fat sex, this collection both challenges preconceptions regarding fatness and sexuality, but also critiques and debates various aspects of the fat activist approach. It draws on a wide range of disciplinary perspectives, bringing together work from the UK, US, Europe, and Australia to offer a wide-ranging examination of the issues of size, sex, and sexuality. A cutting-edge exploration not only of fat sex, but of identity politics, neoliberalism and contemporary body activism in general, *Fat Sex: New Directions in Theory and Activism* will be of interest to scholars of sociology, cultural studies, geography, porn studies and literary studies working on questions of gender, sexuality and the body.

A timely anthology that explores power, privilege, and oppression and their relationship to marginalized bodies. Asserting that the body is the main site of oppression in Western society, the contributors to this pioneering volume explore the complex issue of embodiment and how it relates to social inclusion and marginalization. In a culture where bodies of people who are brown, black, female, transgender, disabled, fat, or queer are often shamed, sexualized, ignored, and oppressed, what does it mean to live in a marginalized body? Through theory, personal narrative, and artistic expression, this anthology explores how power, privilege, oppression, and attempted disembodiment play out on the bodies of disparaged individuals and what happens when the body's expression is stereotyped and stunted. Bringing together a range of voices, this book offers strategies and practices for embodiment and activism and considers what it means to be an embodied ally to anyone experiencing bodily oppression.

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A small dolphin on the ankle, a black line on the lower back, a flower on the hip, or a child's name on the shoulder blade—among the women who make up the twenty percent of all adults in the USA who have tattoos, these are by far the most popular choices. Tattoos like these are cute, small, and can be easily hidden, and they fit right in with society's preconceived notions about what is 'gender appropriate' for women. But what about women who are heavily tattooed? Or women who visibly wear imagery, like skulls, that can be perceived as masculine or ugly when inked on their skin? Drawing on autoethnography, and extensive interviews with heavily tattooed women, *Covered in Ink* provides insight into the increasingly visible subculture of women with tattoos. Author Beverly Thompson visits tattoos parlors, talking to female tattoo artists and the women they ink, and she attends tattoo conventions and Miss Tattoo pageants where heavily tattooed women congregate to share their mutual love for the art form. Along the way, she brings to life women's love of ink, their very personal choices of tattoo art, and the meaning tattooing has come to carry in their lives, as well as their struggles with gender norms, employment discrimination, and family rejection. Thompson finds that, despite the stigma and social opposition heavily tattooed women face, many feel empowered by their tattoos and strongly believe they are creating a space for self-expression that also presents a positive body image. A riveting and unique study, *Covered in Ink* provides important insight into the often unseen world of women and tattooing. Instructor's Guide

Many of us have a complicated relationship with our body. Maybe you've been made to feel ashamed of your body or like it isn't good enough. Maybe your body is riddled with stress, pain, or the effects of trauma. Maybe you think of your body as an accessory to what you believe you really are--your mind. Maybe your experiences with racism, sexism, ableism, heterosexism, ageism, or sizeism have made you

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believe your body isn't the right kind of body. Whatever the reason, many of us don't feel at home in our bodies. But being disconnected from ourselves as bodies means being disconnected from truly living and from the interconnection that weaves us all together. Psychologist and award-winning researcher Hillary McBride explores the broken and unhealthy ideas we have inherited about our body. Embodiment is the way we are in the world, and our embodiment is heavily influenced by who we have been allowed to be. McBride shows that many of us feel disembodied due to colonization, racism, sexism, and patriarchy--destructive systems that rank certain bodies as less valuable, beautiful, or human than others. Embracing our embodiment can liberate us from these systems. As we come to understand the world around us and the stories we've been told, we see that our perspective of reality often limits how we see and experience ourselves, each other, and what we believe is Sacred. Instead of the body being a problem to overcome, our bodies can be the very place where we feel most alive, the seat of our spirituality and our wisdom. *The Wisdom of Your Body* offers a compassionate, healthy, and holistic perspective on embodied living. Weaving together illuminating research, stories from her work as a therapist, and deeply personal narratives of healing from a life-threatening eating disorder, a near-fatal car accident, and chronic pain, McBride invites us to reclaim the wisdom of the body and to experience the wholeness that has been there all along. End-of-chapter questions and practices are included.

In this edited volume, Jean Petrucelli brings together the work of talented clinicians and researchers steeped in working with eating disordered patients for the past 10 to 35 years. Eating disorders are about body-states and their relational meanings. The split of mindbody functioning is enacted in many arenas in the eating disordered patient's life. Concretely, a patient believes that disciplining or controlling his or her body is a means to psychic equilibrium and interpersonal effectiveness. The collected papers in

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**Body-States: Interpersonal and Relational Perspectives on the Treatment of Eating Disorders** elaborates the essential role of linking symptoms with their emotional and interpersonal meanings in the context of the therapy relationship so that eating disordered patients can find their way out and survive the unbearable. The contributors bridge the gaps in varied protocols for recovery, illustrating that, at its core, trust in the reliability of the humanness of the other is necessary for patients to develop, regain, or have - for the first time - a stable body. They illustrate how embodied experience must be cultivated in the patient/therapist relationship as a felt experience so patients can experience their bodies as their own, to be lived in and enjoyed, rather than as an 'other' to be managed. In this collection Petrucelli convincingly demonstrates how interpersonal and relational treatments address eating problems, body image and "problems in living." **Body States: Interpersonal and Relational Perspectives on the Treatment of Eating Disorders** will be essential reading for psychoanalysts, psychotherapists, psychologists, psychiatrists, social workers, and a wide range of professionals and lay readers who are interested in the topic and treatment of eating disorders.

**The Rough Guide to Girl Stuff** is packed with everything a girl needs to know to get her through the teen years. From friends, body changes, clothes school stress, exercise and sex to smoking, embarrassment, dieting, guys, drinking, drugs and heartbreak. Not to mention how to beat bullies and mean girls, earn money, find new friends and get on with your family. Written by award winning author Kaz Cooke, in extensive consultation with medical, psychological and practical experts; **The Rough Guide to Girl Stuff** provides a wealth of practical tips and non-judgemental advice for teens (and their parents!) **Girl Stuff** is split in to four key themes: **Body, Head, Heart and On the Go** and each chapter includes facts, hints, inspiring lists, hundreds of quotes from real girls, and details of websites and books for useful tips if you

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want to find out more. Designed to be a friend through the teenage years, *The Rough Guide to Girl Stuff* will be your best friend through every change and challenge. *Girl Stuff* is the book I wanted when I was a teenager; a 'best friend' that will honestly answer every question about everything" (Kaz Cooke)

*Tattoo Histories* is an edited volume which analyzes and discusses the relevance of tattooing in the socio-cultural construction of bodies, boundaries, and identities, among both individuals and groups. Its interdisciplinary approach facilitates historical as well as contemporary perspectives. Rather than presenting a universal, essentialized history of tattooing, the volume's objective is to focus on the entangled and transcultural histories, narratives, and practices related to tattoos. Contributions stem from various fields, including Archaeology, Art History, Classics, History, Linguistics, Media and Literary Studies, Social and Cultural Anthropology, and Sociology. They advance the current endeavour on the part of tattoo scholars to challenge Eurocentric and North American biases prevalent in much of tattoo research, by including various analyses based in locations such as Malaysia, Israel, East Africa, and India. The thematic focus is on the transformative capacity of tattoos and tattooing, with regard to the social construction of bodies and subjectivity; the (re-)creation of social relationships through the definition of (non-)tattooed others; the formation and consolidation of group identities, traditions, and authenticity; and the conceptualization of art and its relevance to tattoo artist–tattooee relations.

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