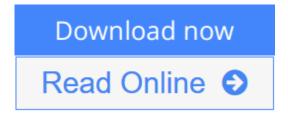


The Body Myth: Adult Women and the Pressure to be Perfect

By Margo Maine, Joe Kelly



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Clinical psychologist Margo Maine has been successfully helping adult women overcome eating disorders and body image problems for over twenty years. In The Body Myth, she explains the toll these problems can take on women's lives and provides healing insights and proven techniques for reclaiming readers' lives from the debilitating belief that a woman's self-worth and her worth to others are derived from how she looks, how much she weighs, and what she eats-the Body Myth. Using poignant real-life stories, Dr. Maine explores the complex emotional, social, and cultural forces that perpetuate the Body Myth. A unique and invaluable source of information and inspiration, this breakthrough guide equips readers with the knowledge and tools to escape the clutches of the Body Myth and live a more balanced, fulfilling life.



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Editorial Review

From the Inside Flap Intellectually, women know that:

- We are more than the sum of our physical parts
- The answers to life's problems can't be found in an "ideal" weight or body shape
- Our sense of personal and professional fulfillment shouldn't be determined by our dress size

Still, too many of us remain caught up in the grim downward spiral of body image distress, overexercising, compulsive dieting, and obsessions about "good" and "bad" food. Meanwhile, many of us believe that eating disorders and body image issues are problems for adolescent girls, not for mature women. So we're often too ashamed to talk honestly with anyone about our dilemma.

Now there is hope.

Clinical psychologist Margo Maine has been successfully helping women over thirty overcome eating disorders and body image problems for more than twenty years. In The Body Myth, she explains the terrible toll these problems can take on your life. More importantly, she provides healing insights and proven techniques for reclaiming your life—or the life of someone you love—from the debilitating belief that a woman's self-worth and her worth to others are derived from how she looks, how much she weighs, and what she eats—our culture's Body Myth.

With the help of poignant real-life stories from women of various ages and walks of life, Dr. Maine explores the complex emotional, social, and cultural forces that perpetuate the Body Myth. She describes the dynamics of how and why it seduces so many otherwise sensible women into self-loathing, destructive behaviors, and unhealthy relationships with food and the body.

A unique and invaluable source of information and inspiration, this breakthrough guide equips everyone with the knowledge and tools to find release from the clutches of the Body Myth and live a more balanced, fulfilling life.

From the Back Cover Advance Praise for The Body Myth

"This book can save your life! In a bold and honest analysis, Dr. Margo Maine and Joe Kelly offer a beautiful balance of truth and inspiration that invites you to release yourself from the trappings of the Body Myth and come home to your magnificent self."

—Jeanine C. Cogan, Ph.D., Policy Director of the Eating Disorders Coalition for Research, Policy & Action

"Delve into this no-nonsense call for liberation from the Body Myth to personal freedom. You will emerge well informed and want to spread the word!"

—Emme, supermodel, bestselling author of True Beauty and Life's Little Emergencies, and Chair of the National Eating Disorders Association's Ambassador's Council

"Margo Maine and Joe Kelly have written a must-read. This book says what so many women are feeling but

don't dare say, and offers responsible guidance and help for those who don't dare ask. The Body Myth puts it all on the table with incredible intelligence, compassion, and support."

-Lynn Grefe, CEO of the National Eating Disorders Association

"It's high time America recognized that compulsive eating and dieting are not just problems for the young. We have Margo Maine and Joe Kelly to thank for this wise and compassionate guide to liberation from the Body Myth—at any age."

—Aimee Liu, author of Solitaire

"The Body Myth exposes the multiple stresses in our current culture that contribute to eating disorders and then describes what women can do to become empowered in the world."

—Pauline S. Powers, M.D., President of the Eating Disorders Association

"This is a very, very important book. The authors authoritatively identify the problems and then offer informed solutions. It is a landmark publication that will be useful to both sufferers and professionals working in the field of eating disorders."

—Craig L. Johnson, Ph.D., founder and Director of the Eating Disorders Program at Laureate Psychiatric Clinic and Hospital

About the Author

MARGO MAINE, Ph.D., is cofounder of the Maine & Weinstein Specialty Group, LLC, and a clinical psychologist who has specialized in the treatment of eating disorders for more than two decades. She is a clinical consultant to and former director of the Eating Disorders Program at the Institute of Living in Hartford, Connecticut, and a Clinical Professor at the University of Connecticut Department of Psychiatry. Dr. Maine is a founder of the National Eating Disorders Association and the Academy for Eating Disorders, and she serves on the boards of the National Eating Disorders Screening Program as well as Dads and Daughters.

JOE KELLY is a journalist, activist, and author of Dads and Daughters. He won the 2004 Award for Action from the Eating Disorders Coalition.

Users Review

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Betty Castaneda:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a book. Beside you can solve your trouble; you can add your knowledge by the e-book entitled The Body Myth: Adult Women and the Pressure to be Perfect. Try to make the book The Body Myth: Adult Women and the Pressure to be Perfect as your buddy. It means that it can to get your friend when you feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortuned for yourself. The book makes you much more confidence because you can know everything by the book. So , let us make new experience as well as knowledge with this book.

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Michael Kendig:

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Kenneth Jordan:

Playing with family inside a park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Body Myth: Adult Women and the Pressure to be Perfect, you can enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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