

**LOSING IT**

**AMERICA'S  
OBSESSION**

**WITH WEIGHT AND**

**THE INDUSTRY  
THAT FEEDS  
ON IT**

**LAURA FRASER**

# Losing It Americas Obsession With Weight And The Industry That Feeds On It

**Kandi M. Stinson**



## **Losing It Americas Obsession With Weight And The Industry That Feeds On It:**

**Losing it** Laura Fraser,1997 This probing social and cultural history of our preoccupation with weight blows the whistle on a multi billion dollar industry that feeds on insecurity Laura Fraser demonstrates that far from helping most people lose weight the vast agglomeration of diet profiteers contributes to both our weight obsession and our obesity

**Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel,2014-04-03 Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder Compulsive Eating or Emotional Overeating The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating Next they offer step by step guidelines to help clients end the diet mentality and learn an internally based approach known as attuned eating Divided into three sections The Problem The Treatment and The Solution this engaging book contains chapters filled with compelling case examples visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight In addition to addressing the symptoms dynamics and treatment of eating problems Beyond a Shadow of a Diet presents a holistic framework that goes well beyond the clinical setting This invaluable resource includes topics such as the clinician s own attitudes toward dieting and weight cultural ethical and social justice issues the neuroscience of mindfulness weight stigma and promoting wellness for children of all sizes Drawing from the Health At Every Size paradigm and the wealth of research examining the relationship between dieting weight and health Beyond a Shadow of a Diet offers both therapists and their clients a positive evidence based model to making peace with food their bodies and themselves

**Toward a Magnificent Self** Tami Anastasia,2002-02 *The Religion of Thinness* Michelle Mary Lelwica,2013-10-18 With so many women approaching their diets body image and pursuit of a slender figure with slavish devotion The Religion of Thinness is a timely addition to the discussion of our cultural obsession with weight loss At the heart of this obsession is the belief that in order to be happy one must be slim and the attendant myths rituals images and moral codes can leave some women with severe emotional damage Idealized images in the media inspire devotees of this religion to experience guilt for behaviors that are biologically normal and necessary and Lelwica offers two ways to combat this dangerous cultural message Advising readers to look hard at the societal cues that cause them to obsess about their weight and to remain mindful about their actions and needs this book will not only help stop the cycle of guilt and shame associated with food it will help readers to grow and accept their bodies as they are

Food and Drink in American History Andrew F. Smith,2013-10-28 This three volume encyclopedia on the history of American food and beverages serves as an ideal companion resource for social studies and American history courses covering topics ranging from early American Indian foods to mandatory nutrition information at fast food restaurants The expression you are what you eat certainly applies to Americans not just in terms of our physical health but also in the myriad ways that our taste preferences eating habits and food culture are intrinsically tied to our

society and history This standout reference work comprises two volumes containing more than 600 alphabetically arranged historical entries on American foods and beverages as well as dozens of historical recipes for traditional American foods and a third volume of more than 120 primary source documents Never before has there been a reference work that coalesces this diverse range of information into a single set The entries in this set provide information that will transform any American history research project into an engaging learning experience Examples include explanations of how tuna fish became a staple food product for Americans how the canning industry emerged from the Civil War the difference between Americans and people of other countries in terms of what percentage of their income is spent on food and beverages and how taxation on beverages like tea rum and whisky set off important political rebellions in U S history

**The Healthy Skeptic** Robert Davis, 2008-06-01 It happens every day we pick up a newspaper or magazine or turn on the television and are bombarded with urgent advice about how to stay healthy Lose weight Lower your cholesterol Early detection saves lives Sunscreen prevents cancer But in many cases pronouncements we rarely think to question turn out to be half truths that are being pushed by various individuals or groups to advance their own agendas The Healthy Skeptic explores who these health promoters are from journalists and celebrities to industry funded groups and consumer activists what their motives are and how they are spinning us in ways we often don't realize This treasure trove of little known facts written by a seasoned health reporter provides invaluable tips tools and resources to help readers think more critically about what they're being told Becoming a healthy skeptic is vital Davis argues because following the right advice can have a profound impact on overall health and longevity

IN TEN ENTERTAINING CHAPTERS ROBERT J DAVIS DISCUSSES Diets and why they don't work Dietary supplements The campaign to reduce cholesterol Celebrity exhortations to get tested Sunscreen and its promoters claims The antichemical activists

*Eating Anxiety* Chad Lavin, 2013-04-07 Debates about obesity are really about the meaning of responsibility The trend toward local foods reflects the changing nature of space due to new communication technologies Vegetarian theory capitalizes on biotechnology's challenge to the meaning of species And food politics as this book makes powerfully clear is actually about the political anxieties surrounding globalization In *Eating Anxiety* Chad Lavin argues that our culture's obsession with diet obesity meat and local foods enacts ideological and biopolitical responses to perceived threats to both individual and national sovereignty Using the occasion of eating to examine assumptions about identity objectivity and sovereignty that underwrite so much political order Lavin explains how food functions to help structure popular and philosophical understandings of the world and the place of humans within it He introduces the concept of digestive subjectivity and shows how this offers valuable resources for rethinking cherished political ideals surrounding knowledge democracy and power Exploring discourses of food politics *Eating Anxiety* links the concerns of food especially issues of sustainability public health and inequality to the evolution of the world order and the possibilities for democratic rule It forces us to question the significance of consumerist politics and simultaneously the relationship between politics and

ethics public and private      *It's Not about Food* Carol Emery Normandi, Laurelee Roark, 1999 Examines the physical emotional and spiritual problems behind eating disorders      *Candy* Samira Kawash, 2013-10-15 For most Americans candy is an uneasy pleasure eaten with side helpings of guilt and worry Yet candy accounts for only 6 percent of the added sugar in the American diet And at least it s honest about what it is a processed food eaten for pleasure with no particular nutritional benefit So why is candy considered especially harmful when it s not so different from the other processed foods from sports bars to fruit snacks that line supermarket shelves How did our definitions of food and candy come to be so muddled And how did candy come to be the scapegoat for our fears about the dangers of food In *Candy A Century of Panic and Pleasure* Samira Kawash tells the fascinating story of how candy evolved from a luxury good to a cheap everyday snack After candy making was revolutionized in the early decades of mass production it was celebrated as a new kind of food for energy and enjoyment Riding the rise in snacking and exploiting early nutritional science candy was the first of the panoply of junk foods that would take over the American diet in the decades after the Second World War convenient and pleasurable for eating anytime or all the time And yet food reformers and moral crusaders have always attacked candy blaming it for poisoning alcoholism sexual depravity and fatal disease These charges have been disproven and forgotten but the mistrust of candy they produced has never diminished The anxiety and confusion that most Americans have about their diets today is a legacy of the tumultuous story of candy the most loved and loathed of processed foods *Candy* is an essential addictive read for anyone who loves lively cultural history who cares about food and who wouldn t mind feeling a bit better about eating a few jelly beans      *The Fat Studies Reader* Esther Rothblum, Sondra Solovay, 2009-11-01 Winner of the 2010 Distinguished Publication Award from the Association for Women in Psychology Winner of the 2010 Susan Koppelman Award for the Best Edited Volume in Women s Studies from the Popular Culture Association A milestone anthology of fifty three voices on the burgeoning scholarly movement fat studies We have all seen the segments on television news shows A fat person walking on the sidewalk her face out of frame so she can t be identified as some disconcerting findings about the obesity epidemic stalking the nation are read by a disembodied voice And we have seen the movies their obvious lack of large leading actors silently speaking volumes From the government health industry diet industry news media and popular culture we hear that we should all be focused on our weight But is this national obsession with weight and thinness good for us Or is it just another form of prejudice one with especially dire consequences for many already disenfranchised groups For decades a growing cadre of scholars has been examining the role of body weight in society critiquing the underlying assumptions prejudices and effects of how people perceive and relate to fatness This burgeoning movement known as fat studies includes scholars from every field as well as activists artists and intellectuals *The Fat Studies Reader* is a milestone achievement bringing together fifty three diverse voices to explore a wide range of topics related to body weight From the historical construction of fatness to public health policy from job discrimination to social class disparities from chick lit to airline seats this collection covers it all Edited by

two leaders in the field The Fat Studies Reader is an invaluable resource that provides a historical overview of fat studies and an in depth examination of the movement's fundamental concerns and an up to date look at its innovative research Born Again Bodies R. Marie Griffith, 2004-10-04 Fat People Don't Go to Heaven screamed a headline in the tabloid Globe in November 2000 The story recounted the success of the Weigh Down Workshop the nation's largest Christian diet corporation and the subject of extensive press coverage from Larry King Live to the New Yorker In the United States today hundreds of thousands of people are making diet a religious duty by enrolling in Christian diet programs and reading Christian diet literature like What Would Jesus Eat and Fit for God Written with style and wit far ranging in its implications and rich with the stories of real people Born Again Bodies launches a provocative yet sensitive investigation into Christian fitness and diet culture Looking closely at both the religious roots of this movement and its present day incarnations R Marie Griffith vividly analyzes Christianity's intricate role in America's obsession with the body diet and fitness As she traces the underpinning of modern day beauty and slimness ideals as well as the bigotry against people who are overweight Griffith links seemingly disparate groups in American history including seventeenth century New England Puritans Progressive Era New Thought adherents and late twentieth century evangelical diet preachers Fast Food and Junk Food Andrew F. Smith, 2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food how nostalgic we are about them the influence of the companies that manufacture or sell them and their alarming effect on our country's state of health In the last half century junk food and fast food have come to play an extremely important role in American economic historical cultural and social life Today they have a major influence on what Americans eat and how healthy we are or aren't Fast Food and Junk Food An Encyclopedia of What We Love to Eat tells the intriguing fun and incredible stories behind the successes of these commercial food products and documents the numerous health related environmental cultural and politico economic issues associated with them With more than 700 alphabetically arranged entries this two volume encyclopedia contains enough listings to allow readers to research a wide range of fascinating topics The author treats the massive amount of subject material within this reference title in a fair and balanced manner A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally The Oprah Phenomenon Jennifer Harris, Elwood Watson, 2007-03-16 Excellent essays on a business empire a cultural phenomenon and the nature of the extraordinary bond between Oprah Winfrey and her fans Journal of Social History Oprah Winfrey has built an empire on her ability to connect with and inspire her audience No longer just a name Oprah has become a brand representing a unique style of self actualizing individualism The cultural and economic power wielded by Winfrey merits critical evaluation The contributors to The Oprah Phenomenon examine the origins of her public image and its substantial influence on politics entertainment and popular opinion Contributors address praise from her supporters and weigh criticisms from her detractors Winfrey's ability to create a feeling of intimacy with her audience has long been cited as a

foundation of her popularity She has made headlines by engaging and informing her audience with respect to her personal relationships to race gender feminism and New Age culture The Oprah Phenomenon explores these relationships in detail At the root of Winfrey s message is her assertion that anyone can be a success regardless of background or upbringing The contributors scrutinize this message What does this success entail Is the motivation behind self actualization in fact merely the hope of replicating Winfrey s purchasing power Is it just a prescription to buy the products she recommends and heed the advice of people she admires or is it a lifestyle change of meaningful spiritual benefit The Oprah Phenomenon asks these and many other difficult questions to promote a greater understanding of Winfrey s influence on the American consciousness Identifies the common threads that run through Oprah s empire the demographics of her audience how she brings together women of diverse backgrounds and her use of empathy and encouragement to foster self improvement Library Journal With a foreword by Robert J Thompson

**Female Body Image in Contemporary Art** Emily L. Newman,2018-05-23 Numerous contemporary artists particularly female artists have chosen to examine the idealization of the female body In this crucial book Emily L Newman focuses on a number of key themes including obesity anorexia bulimia dieting self harm and female body image Many artists utilize their own bodies in their work and in the act of trying to critique the diet industry they also often become complicit as they strive to lose weight themselves Making art and engaging eating disorder communities in real life and online often work to perpetuate the illnesses of themselves or others A core group of artists has worked to show bodies that are outside the norm paralleling the rise of fat activism in the 1990s and 2000s Interwoven throughout this inclusive study are related interdisciplinary concerns including sociology popular culture and feminism

**Body Positive Power** Megan Jayne Crabbe,2018-09-11 A body positive call to arms that s as inspirational as it is practical from Instagram star Megan Jayne Crabbe For generations women have been convinced that true happiness only comes when we hit that goal weight shrink ourselves down and change ourselves to fit a rigid and unrealistic beauty ideal We ve been taught to see our bodies as collections of problems that need to be fixed Instagram star Megan Jayne Crabbe is determined to spread the word that loving the body you have is the real path to happiness An international body positive guru with fans in all corners of the world Megan spent years battling eating disorders and weight fluctuations before she found her way to body positivity She quit dieting discovered a new kind of confidence and replaced all those old feelings of body shame and self recrimination with everyday joy Free of the pressure to fit in a size 2 her life became more satisfying than ever before In her debut book Megan shares her own struggles with self acceptance and her path to body positivity With whip smart wit and a bold attitude that lights up her Instagram feed Megan champions a new worldview for all of us It s time to stop dieting and get on with your life

Understanding Negative Body Image Barbara Moe,1999-12-15 Discusses positive and negative body image with an emphasis on body size and weight and suggests ways to improve self esteem and develop a healthy body image

**Women and Dieting Culture** Kandi M. Stinson,2001 Commercial weight loss organizations have come under attack

from feminist scholars for perpetuating the very social values that cause women to obsess about their weight In *Women and Dieting Culture* sociologist Kandi Stinson asks how these values are transmitted and how the women who join such organizations actually think about their bodies and weight loss As part of her research Stinson fully participated in a national commercial weight loss organization as a paying member Her acute analysis and sensitive insider's portrayal vividly illustrate the central roles dieting and body image play in women's lives *Female Bodies on the American Stage* J.

Mobley, 2014-09-04 The fat female body is a unique construction in American culture that has been understood in various ways during the twentieth and early twenty-first centuries Analyzing post WWII stage and screen performances Mobley argues that the fat actress's body signals myriad cultural assumptions and suggests new ways of reading the body in performance **Things No One Will Tell Fat Girls** Jes Baker, 2015-10-27 *Things No One Will Tell Fat Girls* is a manifesto

and call to arms for women of all sizes and ages With smart and spirited eloquence veteran blogger Jes Baker calls on women to be proud of their bodies fight against fat shaming and embrace a body positive worldview to change public perceptions and help women maintain mental health With the same straightforward tone that catapulted her to national attention when she wrote a public letter addressing the sexist comments of Abercrombie Fitch's CEO Jes shares personal experiences along with in-depth research in a way that is approachable digestible and empowering Featuring notable guest authors *Things No One Will Tell Fat Girls* is an invitation for all women to reject fat prejudice learn to love their bodies and join the most progressive and life-changing revolution there is the movement to change the world by loving their bodies Embodiment and Representations of Beauty Esther Hernández-Medina, Sharina Maíllo-Pozo, 2024-09-06 Interrogating beauty's very definition this volume of *Advances in Gender Research* explores beauty as an avenue to create alternative knowledge as well as a conduit to engage in critical conversations on race ethnicity gender sexuality illness and fitness



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## **Table of Contents Losing It Americas Obsession With Weight And The Industry That Feeds On It**

1. Understanding the eBook Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - The Rise of Digital Reading Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - Advantages of eBooks Over Traditional Books
2. Identifying Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - User-Friendly Interface
4. Exploring eBook Recommendations from Losing It Americas Obsession With Weight And The Industry That Feeds On It

- Personalized Recommendations
  - Losing It Americas Obsession With Weight And The Industry That Feeds On It User Reviews and Ratings
  - Losing It Americas Obsession With Weight And The Industry That Feeds On It and Bestseller Lists
5. Accessing Losing It Americas Obsession With Weight And The Industry That Feeds On It Free and Paid eBooks
    - Losing It Americas Obsession With Weight And The Industry That Feeds On It Public Domain eBooks
    - Losing It Americas Obsession With Weight And The Industry That Feeds On It eBook Subscription Services
    - Losing It Americas Obsession With Weight And The Industry That Feeds On It Budget-Friendly Options
  6. Navigating Losing It Americas Obsession With Weight And The Industry That Feeds On It eBook Formats
    - ePub, PDF, MOBI, and More
    - Losing It Americas Obsession With Weight And The Industry That Feeds On It Compatibility with Devices
    - Losing It Americas Obsession With Weight And The Industry That Feeds On It Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Highlighting and Note-Taking Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Interactive Elements Losing It Americas Obsession With Weight And The Industry That Feeds On It
  8. Staying Engaged with Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Losing It Americas Obsession With Weight And The Industry That Feeds On It
  9. Balancing eBooks and Physical Books Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Losing It Americas Obsession With Weight And The Industry That Feeds On It
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Setting Reading Goals Losing It Americas Obsession With Weight And The Industry That Feeds On It
    - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - Fact-Checking eBook Content of Losing It Americas Obsession With Weight And The Industry That Feeds On It
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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