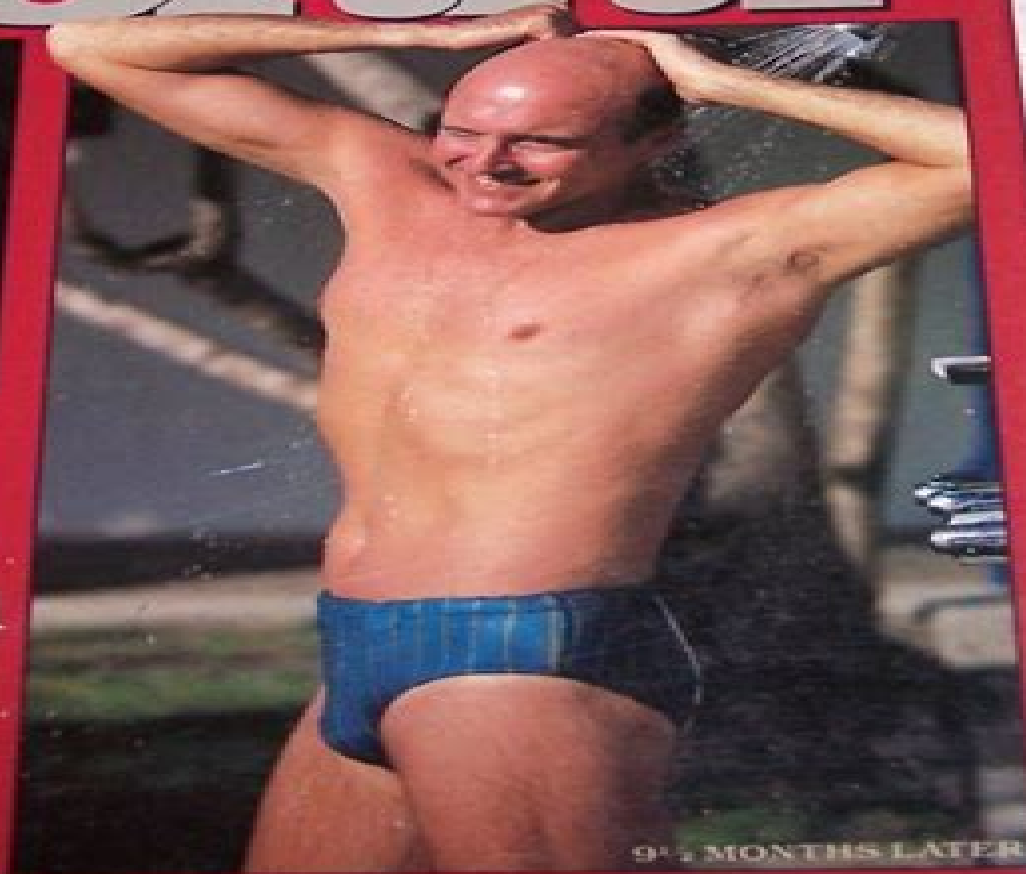


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Looking at the discourse on female weight reduction in American culture *Confessing Excess* analyzes contemporary dieting and the weight loss literature by taking up the themes of confession and surveillance Spitzack argues that dieting is characterized by confession of excess which women internalize and which necessitates ongoing surveillance or monitoring of the body Informal conversations and in depth interviews also juxtapose women s everyday dieting experiences with the discourse of dieting texts By evaluating the cultural construction of women in this manner the author illuminates the power strategies that offer self acceptance at the price of self condemnation

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Women and Children Last Ruth Sidel,1992 Comparing the affluent U S of today to the Titanic which as a luxury liner nevertheless lacked lifeboats for steerage women and children Sidel contends in this realistic appraisal that despite the women s movement social and economic trends of the last 20 years especially the divorce rate and mechanization of industry have reduced to bare survival hundreds of thousands of already impoverished women and children Many are older women battered wives or female heads of families asserts Sidel who interviewed several of them and they are often victims of sex and racial discrimination in the workplace or of government cutbacks in human services Following Sweden s example the U S she argues should develop policies to strengthen family life through universal entitlements should pay women better wages provide family planning maternity leaves and prenatal care along with day and after school care

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