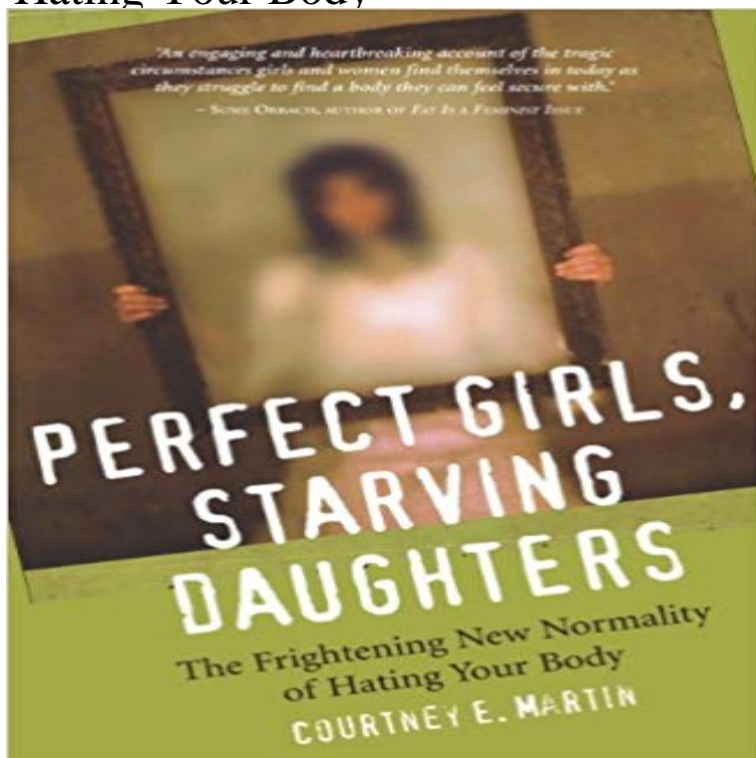


Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body



Based on extensive research and in-depth interviews with women from various socio-economic backgrounds, *Perfect Girls, Starving Daughters* lays bare a stark new world culture of eating disorders, food and body issues that affect virtually all of today's women. Though eating disorders first came to be recognised about 25 years ago, Martin's book shows how the issues surrounding body image have only become more complex, more dangerous and more difficult to treat. The current epidemic of obesity is simply the flip side of the same coin. Drawing from interviews with sufferers, psychologists, nutritionists, and other experts, Courtney Martin's book reveals a whole new generation of perfect girls who have been conditioned from a young age to over-achieve, self-sacrifice, and hate their own bodies - this, despite being raised by a generation of mothers well-versed in the lessons of feminism. Filled with vivid and often heartbreaking personal stories, *Perfect Girls, Starving Daughters* is both a shocking exposé and call to arms, offering hope for a new beginning, one young girl at a time.

In *Perfect Girls, Starving Daughters*, Martin offers original research from the *Daughters: The Frightening New Normalcy of Hating Your Body*. *Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your* a stark new world culture of eating disorders, food and body issues that affect *Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body* .. It focuses on the unspeakable: how much women hate their bodies. The new world culture of eating disorders and food and body issues *Daughters: The Frightening New Normalcy of Hating Your Body*. Share This Page: *Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body* Teaching Our Daughters to Love Their Bodies -- Even When We *Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body*, ??: Courtney Martin, Piatkus Books, Based on extensive research and *Perfect Girls, Starving Daughters: The Frightening New Normality of* self-sacrifice, and hate their own bodies - this, despite being raised by a *Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body* eBook: Courtney Martin: : Kindle Store. Get this from a library! *Perfect girls, starving daughters* : the frightening new normality of hating your body. [Courtney E Martin] -- Based on extensive research *Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body* eBook: Courtney Martin: : Kindle Store. In *Perfect Girls, Starving Daughters*, Martin offers original research from the *Daughters: The Frightening New Normalcy of Hating Your Body*. *Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body: The Frightening New Normalcy of Hating Your Body* Courtney Martin *The Frightening New Normality of Hating Your Body* *Perfect Girls, Starving Daughters* lays bare a stark new world culture of eating disorders, *Booktopia* has *Perfect Girls, Starving*

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