

## **Fasting Girls The History Of Anorexia Nervosa**

Kansas CharleyThe WarrenFasting GirlsStarvation HeightsThe Girl Who Lived on AirAll-American Muslim GirlA Hunger ArtistShaping History Through Prayer and FastingThe Lottery's Plus OneThe Sacred Art of FastingA Wonderful Little GirlFatFasting GirlsBog ChildThe Frailty MythFasting GirlsThinHoly AnorexiaHow America EatsNymphomaniaThe Saint and the Fasting GirlFasting GirlsFeasting and FastingStarving GirlBrave Girl EatingFrom Fasting Saints to Anorexic GirlsThe Golden CageThe Welsh Fasting GirlThe Warrior DietThe Fasting GirlFasting GirlsFasting GirlsThe Body ProjectNot All Black Girls Know How to EatThe New Fast GirlsThe WonderFastingA complete History of the case of the Welsh Fasting-Girl (S. Jacob) etcFasting GirlsPerfect Girls, Starving Daughters

### **Kansas Charley**

In this true story—a haunting saga of medical murder set in an era of steamships and gaslights—Gregg Olsen reveals one of the most unusual and disturbing criminal cases in American history. In 1911 two wealthy British heiresses, Claire and Dora Williamson, arrived at a sanatorium in the forests of the Pacific Northwest to undergo the revolutionary “fasting treatment” of Dr. Linda Burfield Hazzard. It was supposed to be a holiday for the two sisters, but within a month of arriving at what the locals called Starvation Heights, the women underwent brutal treatments and were emaciated shadows of their former selves. Claire and Dora were not the first victims of Linda Hazzard, a quack doctor of extraordinary evil and greed. But as their jewelry disappeared and forged bank drafts began transferring their wealth to Hazzard’s accounts, the sisters came to learn that Hazzard would stop at nothing short of murder to achieve her ambitions.

### **The Warren**

X doesn't have a name. He thought he had one—or many—but that might be the result of the failing memories of the personalities imprinted within him. Or maybe he really is called X. He's also not as human as he believes himself to be. But when he discovers the existence of another—above ground, outside the protection of the Warren—X must learn what it means to be human, or face the destruction of their two species. The Warren is a new novella from Brian Evenson. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

### **Fasting Girls**

#### **Starvation Heights**

An introduction to the whys and ways of fasting furnishes helpful insights to inspire readers to begin or deepen their own fasting practice, through a comprehensive look at fasting as practiced in many traditions as well as inspiring reflections from people who practice fasting. Original.

#### **The Girl Who Lived on Air**

For two years Sarah Jacob was the Welsh Fasting Girl who 'lived on air'. Did she really take neither food or drink in that time? Although Sarah lived in remote rural Carmarthenshire in the 1860s she became a national sensation through the newspapers - people from all over Britain traveled to see this miraculous young girl, leaving gifts of money Was she really miraculous? Sarah's case stood on the dividing line between belief and the evolving rationalism of science, and shortly after a team of nurses arrived from London, she died. After her death, her parents were sentenced to hard labour for her starvation. This fascinating new book unravels the many strands of the Sarah Jacob mystery - medical, spiritual, religious, legal, political, ethical, social, family - and its place in mid-Victorian Britain at the height of Empire. Author Stephen Wade provides new insight into what was a 'sensation' but also an all too human story.

#### **All-American Muslim Girl**

In this masterpiece by Emma Donoghue, bestselling author of *Room*, an English nurse is brought to a small Irish village to observe what appears to be a miracle -- a girl said to have survived without food for month -- and soon finds herself fighting to save the child's life. Tourists flock to the cabin of eleven-year-old Anna O'Donnell, who believes herself to be living off manna from heaven, and a journalist is sent to cover the sensation. Lib Wright, a veteran of Florence Nightingale's Crimean campaign, is hired to keep watch over the girl. Written with all the propulsive tension that made *Room* a huge bestseller, *The Wonder* works beautifully on many levels -- a tale of two strangers who transform each other's lives, a powerful psychological thriller, and a story of love pitted against evil. Acclaim for *The Wonder*: "Deliciously gothic. Dark and vivid, with complicated characters, this is a novel that lodges itself

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deep" (USA Today, 3/4 stars) "Heartbreaking and transcendent" (New York Times) "A fable as lean and discomfiting as Anna's dwindling body. Donoghue keeps us riveted" (Chicago Tribune) "Donoghue poses powerful questions about faith and belief" (Newsday)

### **A Hunger Artist**

"Fasting is the body talking what the spirit yearns, what the soul longs for, and what the mind knows to be true." – Scot McKnight Christianity has traditionally been at odds with the human body. At times in the history of the church, Christians have viewed the body and physical desires as the enemy. Now, Scot McKnight, best-selling author of *The Jesus Creed*, reconnects the spiritual and the physical in the ancient discipline of fasting. Inside You'll Find: In-depth biblical precedents for the practice of fasting; How to fast effectively—and safely; Different methods of fasting as practiced in the Bible; Straight talk on pitfalls, such as cheating and motivation. Join McKnight as he explores the idea of "whole-body spirituality," in which fasting plays a central role. This ancient practice, he says, doesn't make sense to most of us until we have grasped the importance of the body for our spirituality, until we can view it as a spiritual response to a sacred moment. Fasting—simple, primitive, and ancient—still demonstrates a whole person's earnest need and hunger for the presence of God, just as it has in the lives of God's people throughout history. *The Ancient Practices* There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the *Ancient Practices* series is for every spiritual sojourner, for every Christian seeker who wants more.

### **Shaping History Through Prayer and Fasting**

#### **The Lotterys Plus One**

Traces the historic roots of anorexia nervosa from its emergence during the Victorian era to its pervasiveness in the twentieth century, and explores the cultural significance of appetite control in women's lives.

#### **The Sacred Art of Fasting**

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Praise for the Previous Novels of Varley O'Connor "Thoroughly researched and lively." –Vogue "Elegantly wrought, hardheaded, and tenderhearted." –Michael Chabon "Honesty and compassion inform every page, and there are passages so musical and full of grace they read like hymns. Reading groups should rejoice." –Sigrid Nunez "[O'Connor] captures the dangerous intersection between private life and the forces of history . . . and gives the reader that rare pleasure of inhabiting another family life that feels at once entirely familiar and new." –Susan Richards Shreve Twelve-year-old Sarah Jacob was the most famous of the Victorian fasting girls, who claimed to miraculously survive without food, serving as flashpoints between struggling religious, scientific, and political factions. In this novel based on Sarah's life and premature death from what may be the first documented case of anorexia, an American journalist, recovering from her husband's death in the Civil War, leaves her home and children behind to travel to Wales, where she investigates Sarah's bizarre case by becoming the young girl's friend and confidante. Unable to prevent the girl's tragic decline while doctors, nurses, and a local priest keep watch, she documents the curious family dynamic, the trial that convicted Sarah's parents, and an era's hysterical need to both believe and destroy Sarah's seemingly miraculous power. Intense, dark, and utterly compelling, *The Welsh Fasting Girl* delves into the complexities of a true story to understand how a culture's anxieties led to the murder of a child. Varley O'Connor is the author of five novels, including *The Welsh Fasting Girl*, *The Master's Muse*, and *The Cure*. She lives in Cleveland Heights, Ohio.

### **A Wonderful Little Girl**

On a winter's day in 1869, two surgeons performed an autopsy on the body of a 12-year-old Welsh girl who had died in strange circumstances. Though very beautiful, there were signs that she had suffered greatly towards the end. This is the true story of a remarkable child, who enchanted everyone, but who, at the age of 10, suddenly took to her bed. During the last 2 years of her life she allegedly had nothing to eat or drink at all, and yet mysteriously survived. Sarah Jacob's family claimed she was a miracle, and as her fame grew, thousands flocked to her bedside. Was she living on thin air? Doctors felt compelled to investigate and began a round-the-clock vigil which quickly killed her. Sarah Jacob was a tragic child celebrity—a victim of the era in which she lived, when Science and Faith were grappling with the conscience of man.

### **Fat**

Sumac Lottery is nine years old and the self-proclaimed "good girl" of her (VERY) large, (EXTREMELY)

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unruly family. And what a family the Lottery's are: four parents, children both adopted and biological, and a menagerie of pets, all living and learning together in a sprawling house called Camelottery. Then one day, the news breaks that one of their grandfathers is suffering from dementia and will be coming to live with them. And not just any grandfather; the long dormant "Grumps," who fell out with his son so long ago that he hasn't been part of any of their lives. Suddenly, everything changes. Sumac has to give up her room to make the newcomer feel at home. She tries to be nice, but prickly Grumps's clearly disapproves of how the Lottery's live: whole grains, strange vegetables, rescue pets, a multicultural household He's worse than just tough to get along with -- Grumps has got to go! But can Sumac help him find a home where he belongs?

### **Fasting Girls**

Is there a resemblance between the contemporary anorexic teenager counting every calorie in her single-minded pursuit of thinness, and an ascetic medieval saint examining her every desire? Rudolph M. Bell suggests that the answer is yes. "Everyone interested in anorexia nervosa . . . should skim this book or study it. It will make you realize how dependent upon culture the definition of disease is. I will never look at an anorexic patient in the same way again."—Howard Spiro, M.D., Gastroenterology "[This] book is a first-class social history and is well-documented both in its historical and scientific portions."—Vern L. Bullough, American Historical Review "A significant contribution to revisionist history, which re-examines events in light of feminist thought. . . . Bell is particularly skillful in describing behavior within its time and culture, which would be bizarre by today's norms, without reducing it to the pathological."—Mary Lassance Parthun, Toronto Globe and Mail "Bell is both enlightened and convincing. His book is impressively researched, easy to read, and utterly fascinating."—Sheila MacLeod, New Statesman

### **Bog Child**

Nadine Jolie Courtney's All-American Muslim Girl is a relevant, relatable story of being caught between two worlds, and the struggles and hard-won joys of finding your place. Allie Abraham has it all going for her—she's a straight-A student, with good friends and a close-knit family, and she's dating popular, sweet Wells Henderson. One problem: Wells's father is Jack Henderson, America's most famous conservative shock jock, and Allie hasn't told Wells that her family is Muslim. It's not like Allie's religion is a secret. It's just that her parents don't practice, and raised her to keep it to herself. But as Allie

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witnesses Islamophobia in her small town and across the nation, she decides to embrace her faith—study, practice it, and even face misunderstanding for it. Who is Allie, if she sheds the façade of the “perfect” all-American girl?

### **The Frailty Myth**

Describing her struggle as a black woman with an eating disorder that is consistently portrayed as a white woman's problem, this insightful and moving narrative traces the background and factors that caused her bulimia. Moving coast to coast, she tries to escape her self-hatred and obsession by never slowing down, unaware that she is caught in downward spiral emotionally, spiritually, and physically. Finally she can no longer deny that she will die if she doesn't get help, overcome her shame, and conquer her addiction. But seeking help only reinforces her negative self-image, and she discovers her race makes her an oddity in the all-white programs for eating disorders. This memoir of her experiences answers many questions about why black women often do not seek traditional therapy for emotional problems.

### **Fasting Girls**

Lofgreen, an overweight 43 year-old mother of six children was overwhelmed and living in a state of procrastination until one day she reached bottom. She decided to change her life and stepped into the world of hunger. Why would she put herself in such a position? Her Christian faith encouraged fasting, an observance she'd ignored for twenty years. Could there be more to this timeless religious practice than she realized? Determined, she struggled, resented, fought and eventually rejoiced in the lessons she learned from daily 16-hour intermittent fasts. She constantly asked God questions: Why was obesity wide-spread? Why did some have so much while others starved? Why was body size related to self-worth? Why had she turned to food after being sexually abused? While combating hunger, she learned how the difficult decisions in her life shaped her greatest potential and that big dreams are only possible if she lived in the present. She experienced improved relationships with her family, tremendous clarity of mind and weight loss. In essence, the dreams she'd long buried became reality.

### **Thin**

Traces the century-old juvenile murder case of fifteen-year-old Charles Miller, citing such factors as

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his orphaned state at the age of six, his inability to find a safe home, the influences of poverty and abuse that led to his murder of two other young men, and his controversial, politically motivated execution. Reprint.

### **Holy Anorexia**

The modern world is faced with a terrifying new 'disease', that of 'obesity'. As people get fatter, we have come to see excess weight as unhealthy, morally repugnant and socially damaging. Fat it seems has long been a national problem and each age, culture and tradition have all defined a point beyond which excess weight is unacceptable, ugly or corrupting. This fascinating new book by Sander Gilman looks at the interweaving of fact and fiction about obesity, tracing public concern from the mid-nineteenth century to the modern day. He looks critically at the source of our anxieties, covering issues such as childhood obesity, the production of food, media coverage of the subject and the emergence of obesity in modern China. Written as a cultural history, the book is particularly concerned with the cultural meanings that have been attached to obesity over time and to explore the implications of these meanings for wider society. The history of these debates is the history of fat in culture, from nineteenth-century opera to our global dieting obsession. *Fat, A Cultural History of Obesity* is a vivid and absorbing cultural guide to one of the most important topics in modern society.

### **How America Eats**

"A knowledgeable, tightly constructed piece of scholarship."--Washington Post Book World

### **Nymphomania**

First published more than twenty years ago, with almost 150,000 copies sold, *The Golden Cage* is still the classic book on anorexia nervosa, for patients, parents, mental health trainees, and senior therapists alike. Writing in direct, jargon-free style, often quoting her patients' descriptions of their own experience of illness and recovery, Hilde Bruch describes the relentless pursuit of thinness and the search for superiority in self-denial that characterizes anorexia nervosa. She emphasizes the importance of early diagnosis and offers guidance on danger signs. Little-known when this groundbreaking book was first published, eating disorders have become all too familiar. Sympathetic and astute, *The Golden Cage* now speaks to a new generation.

### **The Saint and the Fasting Girl**

### **Fasting Girls**

The New FastGirls teaches modern women how to employ the practice of mindful fasting in order to become aware of the perfect nature of our true selves. It points us in the direction of that place inside which is illumined through the act of refraining. The New FastGirls offers women an adventure filled with opportunities to live beyond the grasping and striving that have come to define our modern everyday.

### **Feasting and Fasting**

Can women be equal to men as long as men are physically stronger? And are men, in fact, stronger? These are key questions that Colette Dowling, author of the bestselling *The Cinderella Complex*, raises in her provocative new book. The myth of female frailty, with its roots in nineteenth-century medicine and misogyny, has had a damaging effect on women's health, social status, and physical safety. It is Dowling's controversial thesis that women succumb to societal pressures to appear weak in order to seem more "feminine." The *Frailty Myth* presents new evidence that girls are weaned from the use of their bodies even before they begin school. By adolescence, their strength and aerobic powers have started to decline unless the girls are exercising vigorously--and most aren't. By sixteen, they have already lost bone density and turned themselves into prime candidates for osteoporosis. They have also been deprived of motor stimulation that is essential for brain growth. Yet as breakthroughs among elite women athletes grow more and more astounding, it begins to appear that strength and physical skill--for all women--is only a matter of learning and training. Men don't have a monopoly on physical prowess; when women and men are matched in size and level of training, the strength gap closes. In some areas, women are actually equipped to outperform men, due partly to differences in body structure, and partly to the newly discovered strengthening benefits of estrogen. Drawing on extensive research in motor development, performance assessment, sports physiology, and endocrinology, Dowling presents an astonishing picture of the new physical woman. And she creates a powerful argument that true equality isn't possible until women learn how to stand up for themselves--physically.

### **Starving Girl**

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Become a World-Shaper. The times we are living in are scary, to say the least. The world is unstable. Global politics are volatile. The rate of change we now experience is spiraling out of control. We're uncertain about what will happen tomorrow, and we feel helpless to do anything about it. Yet what we are facing isn't new. In the past, there have been many wars. There have been threats and acts of terrorism. History is spotted with violent episodes of unimaginable carnage and horror. And what did people do about them? The only thing they could do: they prayed! Discover with Derek Prince how your prayers and fasting can change the world. Using experiences from his own life, he illustrates how you can make a difference. You don't have to fight. You don't have to hold high political position. You don't have to be a certain age. You don't even have to have power, money, or influence on earth. What is important is your influence in heaven. Learn to touch the heart of God through prayer—prayer that will change the world!

### **Brave Girl Eating**

Reproduction of the original: Fasting Girls by William A. Hammond

### **From Fasting Saints to Anorexic Girls**

Traces the historic roots of anorexia nervosa from its emergence during the Victorian era to its pervasiveness in the twentieth century, and explores the cultural significance of appetite control in women's lives.

### **The Golden Cage**

Anorexia nervosa may affect as many as five to ten percent of adolescent girls in the United States, and on some college campuses, the estimate is as high as twenty percent. Despite its recent "popularity", however, the disease remains puzzling in its causes and stubbornly resistant to a cure. For, as Fasting Girls demonstrates, anorexia nervosa existed long before our current preoccupation with lean bodies. This landmark, award-winning work offers a solution to the mystery of anorexia nervosa, exploring its historical roots from the fasting saints of the Middle Ages and the curious "fasting girls" of the Victorian era to the weight-obsessed celebrities of our own time. By linking broad cultural forces to individual biomedical and psychological factors, "Fasting Girls" shows how a society that believes a woman "can never be too rich or too thin" actually recruits certain adolescents to anorexia -- those who

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regard a thin body as a state of perfection. Combined with other social stresses, such an attitude puts an increasing number of contemporary young women at risk. Highly readable and authoritative, "Fasting Girls" takes the reader into the private world of sufferers in the past, and also shows today's health professionals and parents why America's young women are so vulnerable to anorexia, and what treatments have proven effective in combating this frequently misunderstood, often deadly, disorder.

### **The Welsh Fasting Girl**

Critically acclaimed for "Girl Culture" and "Fast Forward," Greenfield continues her exploration of contemporary female culture with "Thin," a groundbreaking photographic exploration of eating disorders.

### **The Warrior Diet**

Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

### **The Fasting Girl**

DIGGING FOR PEAT in the mountain with his Uncle Tally, Fergus finds the body of a child, and it looks like she's been murdered. As Fergus tries to make sense of the mad world around him—his brother on hunger-strike in prison, his growing feelings for Cora, his parents arguing over the Troubles, and him

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in it up to the neck, blackmailed into acting as courier to God knows what—a little voice comes to him in his dreams, and the mystery of the bog child unfurls. Bog Child is an astonishing novel exploring the sacrifices made in the name of peace, and the unflinching strength of the human spirit. From the Hardcover edition.

### **Fasting Girls**

A Hunger Artist is a short story by Franz Kafka. The protagonist, a hunger artist who experiences the decline in appreciation of his craft, is an archetypical creation of Kafka: an individual marginalized and victimized by society at large. The title of the story has been translated also to "A Fasting Artist" and "A Starvation Artist". A Hunger Artist was first published in the periodical Die neue Rundschau in 1922 and was subsequently included as the title piece in the short story collection. "A Hunger Artist" explores the familiar Kafka themes of death, art, isolation, asceticism, spiritual poverty, futility, personal failure and the corruption of human relationships. There is a sharp division among critical interpretations of "A Hunger Artist". Most commentators concur that the story is an allegory, but they disagree as to what is represented. Some critics[who?], pointing to the hunger artist's asceticism, regard him as a saintly or even Christ-like figure. In support of this view they emphasize the unworldliness of the protagonist, the priest-like quality of the watchers, and the traditional religious significance of the forty-day period. Other critics[who?] insist that A Hunger Artist is an allegory of the misunderstood artist, whose vision of transcendence and artistic excellence is rejected or ignored by the public. This interpretation is sometimes joined with a reading of the story as autobiographical. According to this view, this story, written near the end of Kafka's life, links the hunger artist with the author as an alienated artist who is dying.

### **Fasting Girls**

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### **The Body Project**

Link to Author Video and Website: <http://www.annarichenda.com> Sister Georgia lives at the center of a

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bustling Yorkshire nunnery at the eve of the English Reformation. Yet she is no ordinary nun. Georgia and her sisters follow the ways of the legendary Saint Isela, recording her signs and miracles and preparing for her return. But the archbishop of London, Philip SeVerde, a man rising in Henry VIII's royal court, cannot bear this wild nunnery of the north. Driven by greed and a lust for power, SeVerde demands that the nuns submit to his control and strict monastic rule. Georgia is persecuted and tortured, yet she refuses to back down. Drawing strength and visions from an ancient relic, Georgia must ensure that her mystical group of nuns survive the meddling of the corrupt archbishop. She must undergo an epic journey and endure, lifetime after lifetime, until the promise of Saint Isela can be fulfilled. It is the story of The Saint and the Fasting Girl.

### **Not All Black Girls Know How to Eat**

A modern investigation into the Victorian-era case of a young woman who claimed to have survived for twelve years without food discusses the journalism practices of the time, the complexities of eating disorders, the theories of Darwin, and the scientific process of fasting. Reprint. 15,000 first printing.

### **The New Fast Girls**

How America Eats: A Social History of U.S. Food and Culture tells the story of America by examining American eating habits, and illustrates the many ways in which competing cultures, conquests and cuisines have helped form America's identity, and have helped define what it means to be American."

### **The Wonder**

How Judaism and food are intertwined Judaism is a religion that is enthusiastic about food. Jewish holidays are inevitably celebrated through eating particular foods, or around fasting and then eating particular foods. Through fasting, feasting, dining, and noshing, food infuses the rich traditions of Judaism into daily life. What do the complicated laws of kosher food mean to Jews? How does food in Jewish bellies shape the hearts and minds of Jews? What does the Jewish relationship with food teach us about Christianity, Islam, and religion itself? Can food shape the future of Judaism? Feasting and Fasting explores questions like these to offer an expansive look at how Judaism and food have been intertwined, both historically and today. It also grapples with the charged ethical debates about how

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food choices reflect competing Jewish values about community, animals, the natural world and the very meaning of being human. Encompassing historical, ethnographic, and theoretical viewpoints, and including contributions dedicated to the religious dimensions of foods including garlic, Crisco, peanut oil, and wine, the volume advances the state of both Jewish studies and religious studies scholarship on food. Bookended with a foreword by the Jewish historian Hasia Diner and an epilogue by the novelist and food activist Jonathan Safran Foer, *Feasting and Fasting* provides a resource for anyone who hungers to understand how food and religion intersect.

### **Fasting**

“One of the most up to date, relevant, and honest accounts of one family’s battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history, and heart throughout this compelling and tender story.” –Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association “As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown’s story. As a mother of daughters, I wept for her. Then cheered.” –Joyce Maynard, author of *Labor Day In Brave Girl Eating*, the chronicle of a family’s struggle with anorexia nervosa, journalist, professor, and author Harriet Brown recounts in mesmerizing and horrifying detail her daughter Kitty’s journey from near-starvation to renewed health. *Brave Girl Eating* is an intimate, shocking, compelling, and ultimately uplifting look at the ravages of a mental illness that affects more than 18 million Americans.

### **A complete History of the case of the Welsh Fasting-Girl (S. Jacob) etc**

A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why? In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since

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they shed the corset and the ideal of virginity for a new world of sexual freedom and consumerism—a world in which the body is their primary project.

### **Fasting Girls**

Down the centuries, self-starvation has taken many morbid guises - in the extremes of religious fasting and the abstinence of the saints; in hunger strikes; in the exhibition of living skeletons and hunger artists; in the fate of melancholica, hysterics the possessed and bewitched. This strange story culminates in the 19th century labelling of anorexia nervosa, a condition which has since attracted a host of theories and explanations and a vast literature, the course of which a medical curiosity has been transformed into a modern disease. In the history of psychiatry this is a remarkable account, of great clinical and historical importance, which will interest anyone concerned with the interaction of culture and the individual. Walter Vandereycken, an international authority on the research and treatment of eating disorders, is Professor of Psychiatry at the Catholic University of Leuven, Belgium. Ron Van Deth is a psychologist in Leiden, the Netherlands.

### **Perfect Girls, Starving Daughters**

"Why does every one of my friends have an eating disorder, or, at the very least, a screwed-up approach to food and fitness?" writes journalist Courtney E. Martin. The new world culture of eating disorders and food and body issues affects virtually all -- not just a rare few -- of today's young women. They are your sisters, friends, and colleagues -- a generation told that they could "be anything," who instead heard that they had to "be everything." Driven by a relentless quest for perfection, they are on the verge of a breakdown, exhausted from overexercising, bingeing, purging, and depriving themselves to attain an unhealthy ideal. An emerging new talent, Courtney E. Martin is the voice of a young generation so obsessed with being thin that their consciousness is always focused inward, to the detriment of their careers and relationships. Health and wellness, joy and love have come to seem ancillary compared to the desire for a perfect body. Even though eating disorders first became generally known about twenty-five years ago, they have burgeoned, worsened, become more difficult to treat and more fatal (50 percent of anorexics who do not respond to treatment die within ten years). Consider these statistics: Ten million Americans suffer from eating disorders. Seventy million people worldwide suffer from eating disorders. More than half of American women between the ages of eighteen and twenty-five would prefer to be run over by a truck or die young than be fat. More than two-thirds would rather be mean or stupid. Eating

disorders have the highest mortality rate of any psychological disease. In *Perfect Girls, Starving Daughters*, Martin offers original research from the front lines of the eating disorders battlefield. Drawn from more than a hundred interviews with sufferers, psychologists, nutritionists, sociocultural experts, and others, her exposé reveals a new generation of "perfect girls" who are obsessive-compulsive, overachieving, and self-sacrificing in multiple -- and often dangerous -- new ways. Young women are "told over and over again," Martin notes, "that we can be anything. But in those affirmations, assurances, and assertions was a concealed pressure, an unintended message: You are special. You are worth something. But you need to be perfect to live up to that specialness." With its vivid and often heartbreaking personal stories, *Perfect Girls, Starving Daughters* has the power both to shock and to educate. It is a true call to action and cannot be missed.

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