

Susie Orbach On Eating

Women have many secrets. But a woman's secret relationship with food and her body can overshadow other aspects of her life, filling her with obsession, shame and fear. Many women waste countless years focusing on food and appearance, rather than spending energy on what holds deepest meaning for them in life. In *What Are You Hungry For?* authors Taylor and Ginsburg show how obsessive dieting, a distorted body image and eating disorders are often symptoms of a deep spiritual void. They offer a revolutionary--and easy to follow--approach to resolving deep-seated food and body issues using methods adapted from Eastern mind/body practices such as yoga. *What Are You Hungry For?* is a discovery book in the tradition of Susie Orbach's *Fat is a Feminist Issue* and Geneen Roth's *When Food is Love*. It will change the way you think about your body and the way you approach preparing and eating every single meal. "Finally, an insightful book that ties together food and our spiritual practice *What Are You Hungry For?* provides both philosophical and practical ways to understand our relationship with what we take into our bodies and to how we are following our internal voices." --Rodney Yee, yoga teacher and star of the bestselling video series "Yoga Journal's Yoga with Rodney Yee"

Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.

"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.

Does this sound like you? Food will make me fat. My body should be perfect. I am ashamed of how I eat. I am not in control of my body. I am only loveable when I'm thin. Written in easy-to-understand, everyday language, Koenig lays out the four basic rules that "normal" eaters follow instinctively - eating when they're hungry, choosing foods that satisfy them, eating with awareness and enjoyment, and stopping when they're full or satisfied. Along with specific skills and techniques that help promote change, the book presents a proven cognitive-behavioral model of transformation that targets beliefs, feelings, and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment. Learn the four rules that "normal" eaters follow instinctively Change negative thinking and unhealthy habits Manage difficult emotions, rather than starving or stuffing them Feel healthy and "normal" around food Create a life that is truly satisfying.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Originally published in two volumes in paperback for \$15.95 each, this classic book that first taught women how to triumph over compulsive eating is now available in a new, complete one-volume hardcover edition for only \$8.99.

Beyond a Shadow of a Diet provides concrete steps for establishing a normal relationship with food and methods for understanding and treating the psychological aspects of compulsive eating.

"Parenting advice for a lifestyle that promotes healthy eating, encourages a positive body image, and supports the psychological well-being of children and family"--Provided by publisher.

In the past decades, the pressure to perfect and design our bodies has been unprecedented. Men are encouraged to surgically pump up their pecs, breast enhancement is a sweet sixteen birthday present in the suburbs of America, and eating problems - from bulimia to obesity - are growing daily, affecting children as young as six. In China, women are having their legs broken and extended by 5cms. In Iran, behind the Hijab there are 35,000 cosmetic nose reconstructions a year. The body is no longer a given and to possess a flawless one has become the ambition of millions. In her years of practice as a psychoanalyst, Susie Orbach has come to realise that the way we view our bodies is the mirror of how we view ourselves: our body becomes the measure of our worth. In this book, she raises the fundamental questions about how we arrived here and proposes a new theory on how we became embodied.

Worldwide, increasingly large numbers of people are seeing therapists on a regular basis. In the UK alone, 1.5 million people are in therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about what makes us tick. Susie Orbach, the bestselling author of *Fat is a Feminist Issue* and *Bodies*, has been a psychotherapist for over forty years. Here, she explores what goes on in the process of therapy - what she thinks, feels and believes about the people who seek her help - through five dramatised case studies. Originally broadcast as a Radio 4 series, here the improvised dialogue is replicated as a playscript, and Orbach offers us the experience of reading along with a session, while revealing what is going on behind each exchange between analyst and client. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy* is an essential read for those curious about, or considering entering, therapy. Published in partnership with the Wellcome Collection. Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

THE ORIGINAL ANTI-DIET BOOK IS BACK - in one volume together with its best-selling sequel. When it was first published, *Fat Is A Feminist Issue* became an instant classic and it is as relevant today as it was then. Updated throughout, it includes a frank new introduction by Susie Orbach that brings this book to a new generation of readers whilst offering a current perspective for its original fans. With an increasingly dominant diet industry, costing the consumer millions of pounds each year, Susie Orbach's best-selling classic is as important as ever in helping women to love their own body and face the demands of 21st-century living with confidence.

'Eating is pleasurable, eating is delicious, eating is sensual' says Susie. But for so many of us eating is associated with anguish and abstinence. From the first page this little book shows us how to think and feel differently about what we eat. So that we eat when we are hungry, eat what we want to eat to satisfy us and stop when we are full. Each page contains an easily absorbed bite-sized statement to transform eating that hurts into eating that nourishes and calms. This book isn't magic but it feels as if it is.

Few things are as tantalizing as a woman's curves...and yet, humans are the only mammals on earth whose females have curvy bodies. Why? And what does this unique body shape mean for us? In *Curvology*, researcher David Bainbridge uses his scientific know-how to get to the bottom of this anatomical mystery and to explore the social and psychological consequences of our cultural fixation with curves and fat. Bainbridge brings thorough and clear-headed scientific research to this topic, as well as an admirable understanding of the real-life ramifications of the fascinating statistics and provocative studies he cites. Blending evolutionary biology, cultural observation, and cutting-edge psychology, Bainbridge critically synthesizes the science and history of women's body shape, from ancient hominids to the age of the selfie, offering insights into how women's bodies became objects of fascination and raising awareness about what this scrutiny does to our brains. Packed with controversial and compelling findings that drive us to think about the significance of our curves and what they mean for future generations, *Curvology* offers not just a compelling collection of facts and studies, but an endlessly fascinating take on evolution and its consequences.

In this book I have struggled with certain words without a satisfactory conclusion. I am unhappy about all the words used to describe the person who visits the therapist's consulting room. Is she or he a patient? Well, sometimes yes. Certain individuals like that word because it captures for them the sense that there is something wrong, an emotional illness. Is she or he a client? Again, sometimes yes. Certain individuals like that word because it connotes a kind of consultative process. Is she or he an analysand? Certain individuals like this word because it conveys something about the process of a therapy and it has a symmetry: analyst–analysand. I myself find that all these words capture something about the therapy and the therapy process but are considerably less than perfect. In what follows I have chosen to use the words interchangeably, as well as the words psychotherapist, therapist and analyst. In the text, in the musings in italics, I have usually referred to the primary carer in the person's early life as mother. I realize that this is not always the case. There are fathers who have primary responsibility for their children from birth and there are relatives and nannies who fulfil this role. Rarely in my clinical experience of seeing adults has this role been an enterprise between two people in the way that it is becoming for some couples with children today. We have yet to see the effects of joint child-rearing on adult psychologies so I have retained the notion of the mother or mother substitute, a notion which will have to be expanded as the generations now raising children make new arrangements between them. I have also chosen for simplicity's sake to use the word 'she' throughout for the personal pronoun rather than 'she or he'.

Describes obesity in females as a response to the inequality of the sexes and offers women guidance in overcoming weight problems through a total reorientation to their bodies and their self-images

Emotional literacy means being able to recognise what you are feeling so that it enhances rather than interferes with thinking - a contrast with emotional expression which can mean one is driven by emotions so that it isn't possible to think.' In this, the second collection of her Guardian columns (one of the longest running and most popular of the paper) Susie Orbach again proves herself to be a clear-sighted and intelligent guide to understanding what's really going on around and within us. Her belief that we must learn how to validate emotion in public and private life remains the cornerstone of her work and has at long last, become a part of public debate.

THE ORIGINAL ANTI-DIET BOOK IS BACK - in one volume together with its bestselling sequel. When it was first published, *Fat is a Feminist Issue* became an instant classic and it is as relevant today as it was then. Reflecting on our increasingly diet and body-obsessed society, Susie Orbach's new introduction explains how generations of women and girls are growing up absorbing the eating anxieties around them. In

an age where women want to be sexy, nurturing, domestic goddesses, confident at work - an equal to their male counterparts, and feminine too, the twenty-first-century woman is poorly armed for survival. Never before has the Fat is a Feminist Issue revolution been more in need of revival. Exploring our love/hate relationship with food, Susie Orbach describes how fat is about so much more than food. It is a response to our social situation; the way we are seen by others and ourselves. Too often food is a source of anguish, as are our bodies. But Fat is a Feminist Issue discusses how we can turn food into a friend and find ways to accept ourselves for who and how we are. Following the step-by-step guide, and you too can put an end to food anxieties and dieting.

Susie Orbach on Eating Penguin UK

We've all been there - angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

'This book highlights the fact that women are brought up to understand men's emotional needs but men are not brought up to understand women's.' Woman

Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the utter inefficacy of dieting with the lack of spiritual nourishment and we have generations of mad, ravenous self-loathing women. So says Geneen Roth, in her life-changing new book, Women, Food and God. Since her 1991 bestseller, When Food Is Love, was published, Roth has taken the sum total of her experience and combined it with spirituality and psychology to explain women's true hunger. Roth's approach to eating is that it is the same as any addiction - an activity to avoid feeling emotions. From the first page, readers will be struck by the author's intelligence, humour and sensitivity, as she traces the path of overeating from its subtle beginnings through to its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. She powerfully urges readers to pay attention to what they truly need - which cannot be found in a supermarket. She provides seven basic guidelines for eating (the most important is to never diet) and shares reassuring, practical advice that has helped thousands of women who have attended her highly successful seminars. Truly a thinking woman's guide to eating - and an anti-diet book - women everywhere will find insights and revelations on every page.

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

Understanding Women is a classic. Luise Eichenbaum & Susie Orbach, co-founders of The Women's Therapy Centre, showcase their understanding of women's psychology through case vignettes of the many women they have worked with. Their original and enlightening theory brings the mother-daughter relationship into the heart of a girl's developing self. They explain women's often troubled relationship to their bodies, the myths around emotional dependency and independence, the dilemmas of sexuality, and the need to re-theorise attachment and differentiation so that it speaks to women's experience. The book discusses the process of therapy and the challenges on the therapist to exemplify a new way of working with women in psychotherapy.

Kane describes a program that is a sane, balanced approach to food and eating.

From the New York Times bestselling author of Bad Feminist: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. "I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe." In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as "wildly undisciplined," Roxane understands the tension between desire and denial, between self-comfort and self-care. In Hunger, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

This is Susie Orbach's classic text on anorexia, where for the first time the myths and misconceptions of an emerging cultural epidemic were dispelled. Since its initial publication in 1986, Hunger Strike has been at the center of the debate over anorexia. This beautifully repackaged edition includes Susie Orbach's 1993 introduction, which discusses more recent attitudes toward eating problems and how they have changed over the last several years, and a revised final chapter, in which she proposes an innovative approach to residential treatment that utilizes the meanings of anorexia to the sufferer as a basis for therapy.

This collection expands on Susie Orbach's claim that obsessive eating or non-eating behavior is an individual, albeit political, response to a "complex set of social circumstances" in which women find themselves. Theoretical pieces here bolster her views, exploring the neopuritanical replacement of sex by food, compulsive eating as anger, and symmetries between the bulimic and anorexic internalization of ego boundaries and strategies for control. Essays highlighting alternative therapies are full of case references and the compelling voices of sufferers.

Psychoanalytic Treatment of Eating Disorders: When Words Fail and Bodies Speak offers a compilation of some of the most innovative thinking on psychoanalytic approaches to the treatment of eating disorders available today. In its recognition of the multiple meanings of food, weight, and body shape, psychoanalytic thinking is uniquely positioned to illuminate the complexities of these often life-threatening conditions. And while clinicians regularly draw on psychoanalytic ideas in the treatment of eating disorders, many of the unique insights psychoanalysis provides have been neglected in the contemporary literature. This volume brings together some of the most respected clinicians in the field and speaks to the psychoanalytic conceptualization and treatment of eating disorders as well as contemporary issues, including social media, pro-anorexia forums, and larger cultural issues such as advertising, fashion, and even agribusiness. Drawing on new theoretical developments, several chapters propose

novel models of treatment, whereas others delve into the complex convergence of culture and psychology in this patient population. Psychoanalytic Treatment of Eating Disorders will be of interest to all psychoanalysts and psychotherapists working with this complex and multi-faceted phenomenon.

Here are fascinating articles on sex, jealousy, anger, intimacy, loss, food problems, parent/child relationships, sibling rivalry and much more...from Susie Orbach, truly innovative therapist and a highly accessible writer. Together they result in a coherent and profoundly perceptive exploration of our emotional lives. 'We have no shared language for emotional life...What continues to engage me is the desire to increase our understanding of the intersection of the very private, intimate world and the structures of the wider public sphere' - Susie Orbach

TOP TEN SUNDAY TIMES BESTSELLER Think about that first tickle of hunger in your stomach. A moment ago, you could have been thinking about anything, but now it's thickly buttered marmite toast, a frosty scoop of ice cream straight from the tub, some creamy, cheesy scrambled eggs or a fuzzy, perfectly-ripe peach. Eating is one of life's greatest pleasures. Food nourishes our bodies, helps us celebrate our successes (from a wedding cake to a post-night out kebab), cheers us up when we're down, introduces us to new cultures and - when we cook and eat together - connects us with the people we love. In *Eat Up*, Ruby Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. She will arm you against the fad diets, food crazes and bad science that can make eating guilt-laden and expensive, drawing eating inspiration from influences as diverse as Roald Dahl, Nora Ephron and Gemma from *TOWIE*. Filled with straight-talking, sympathetic advice on everything from mental health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food.

The Inside Scoop on Eating Disorder Recovery is a fresh, smart, how-to book that helps people with eating disorders to heal their relationship with food, their bodies, and ultimately themselves. Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, the text uses humor, personal narratives, and research-proven techniques to offer specific actionable guidelines on how to reclaim one's life from an eating disorder. The authors explain the difference between dieting and eating disorders, break down the stages of recovery, and provide tips on how to thrive in each stage. The book provides powerful myth-busting on topics that have historically not been addressed in eating disorder recovery books, such as clean eating and orthorexia, exercising in recovery, and fat positivity. Tangible exercises at the end of each chapter provide readers with advice and tips on implementing this approach to recovery in their day-to-day lives. The humorous and down-to-earth tone of the book creates an authentic and genuine feel that leaves those who struggle with chronic dieting, eating disorders, and negative body image feeling connected and heard.

Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, *The New York Times* called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized case studies. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy: The Unfolding Story* is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.

Half a century after the publication of *The Feminine Mystique*, have women really exchanged purity and maternity to become desiring machines inspired only by variations of sex, shopping and masochism - all colored a brilliant neuro-pink? In this volume, fifty women young and old - writers, politicians, actors, scientists, mothers - reflect on the shades that inspired them and what being woman means to them today. Contributors include: Margaret Atwood, Joan Bakewell, Bidisha, Lydia Cacho, Shami Chakrabarti, Lennie Goodings, Linda Grant, Natalie Haynes, Siri Hustvedt, Kathy Lette, Kate Mosse, Pussy Riot, Bee Rowlatt, Elif Shafak, Ahdaf Soueif, Sandi Toksvig, Natasha Walter, Timberlake Wertenbaker, Jeanette Winterson - alongside the three editors. Answers the need for help among the five million American women who suffer from eating disorders. "An inspired psychoanalytic meditation on contemporary female identity and eating disorders."--Phyllis Chesler

This book will help therapists understand and treat patients suffering from mild to dangerous forms of eating disorders as well as other compulsions and addictions, such as alcoholism and erotic attachments. The chapters help therapists think creatively about these types of patients, and to see the effects of treatment. The problems that arise in therapy are explored in essays about dissociation, self-regulation, self-destructive behavior, enactment, and other clinical issues.

Susie Orbach is a psychotherapist and writer. With Luise Eichenbaum she co-founded The Women's Therapy Centre in London in 1976 and in 1981 The Women's Therapy Centre Institute in New York. She lectures extensively in Europe and North America, is a visiting Professor at the London School of Economics, and has a practice seeing individuals and couples and consulting to organizations. She is a frequent contributor to newspapers and magazines, as well as to radio and television programmes. Her other books on eating problems are *Fat is a Feminist Issue* (1978), *Fat is a Feminist Issue II* (1982) and *On Eating* (2002). With Luise Eichenbaum she has written *Understanding Women: A Feminist Psychoanalytic Account* (1982), *What do Women Want* (1983) and *Between Women* (1988). She is also the author of *What's Really Going on Here* (1993), *Towards Emotional Literacy* (1999) and *The Impossibility of Sex* (1999).

Anyone who's tried to lose weight through sheer willpower knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative--a program for weight loss based on her successful Mindfulness-Based Eating Awareness Training Program. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, *The Joy of Half a Cookie* provides simple, proven ways to lose weight and keep it off, using what we now know about the power of the mind. The first book to bring mindfulness to the dieting space in a truly accessible and mainstream way, *The Joy of Half a Cookie* will show readers how to lose weight while: ditching willpower, guilt, and cravings loving every bite, including favorite and previously "forbidden" foods tapping into the body's satiety signals. Written for anyone who wants to lose weight - not just the meditation and yoga crowd - this accessible book delivers a proven way to find peace of mind and a healthier relationship with food, for life.

AN AMC ORIGINAL SERIES FROM EXECUTIVE PRODUCER MARTI NOXON, STARRING JOY NASH AND JULIANNA MARGULIES A Best Book of the Year Entertainment Weekly • Bustle • Amazon • Women's National Book Association • Kirkus Reviews • BookPage • Kobo • LitReactor "Audacious and gutsy and heartbreaking — Dietland completely blew me away." —

Jennifer Weiner The diet revolution is here. And it's armed. Plum Kettle does her best not to be noticed, because when you're fat, to be noticed is to be judged. With her job answering fan mail for a teen magazine, she is biding her time until her weight-loss surgery. But when a mysterious woman in colorful tights and combat boots begins following her, Plum falls down a rabbit hole into the world of Calliope House — an underground community of women who reject society's rules — and is forced to confront the real costs of becoming "beautiful." At the same time, a guerilla group begins terrorizing a world that mistreats women, and Plum becomes entangled in a sinister plot. The consequences are explosive. "A giddy revenge fantasy that will shake up your thinking and burrow under your skin" (Entertainment Weekly), Dietland takes on the beauty industry, gender inequality, and our weight-loss obsession — with fists flying.

[Copyright: 152c9181e4819569c5e909391359024f](#)