

Thin Lauren Greenfield

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How to Disappear Completely Indiana University Press
The combination of compelling photographs and insightful writing make this a highly relevant, widely discussed book that concerns the crucial issues shaping the world.
What Matters Thames & Hudson
This innovative study provides a rare longitudinal study of the cognitive and socialization processes involved in transmitting weaving knowledge across two generations of Zinacantec Maya women in Chiapas. Greenfield's return to the site of her initial fieldwork twenty years later enables her to examine the impact of commercialization and globalization on textile production and sales, acculturation, and female socialization. Her systematic collection of data and range of approaches make this an exemplary work that will be a major contribution to studies of cognition and socialization, the life cycles of material culture, and the anthropology of the Maya. The more than two hundred striking and detailed photographic images of Zinacantec textiles are both informative and a delight to the eye. This book will appeal to both the academic specialist and admirers of Maya weaving and culture more generally.

Girl Culture Penguin
What looks like a consciously altruistic effort to encapsulate one woman's entire life into lessons for the benefit of womankind may be just that: after divulging every gruesome detail of her spiral into anorexia and subsequent self-discoveries in this memoir, Knapp died of lung cancer last June at age 42. Similar in tone to her previous *Drinking: A Love Story*, this work is candid and persuasive enough to reach many women with analogous problems. But it's more than one woman's tragic story; multitudinous interviews with women with eating disorders, excerpts from classic feminist texts and sociological statistics lend credence and categorize the book under cultural studies as much as self-help. Knapp hypothesizes that the feminists who came after the revolutionary 1960s, herself included, were stifled rather than empowered by the overwhelming choices before them. They gained "the freedom to hunger and to satisfy hunger in all its varied forms." Unfortunately, writes Knapp, size-obsessed fashion magazines and other social messages contradict a woman's right to desire, contributing to the rise in eating disorders and other illnesses. Knapp observes an aspect of the backlash against the feminist movement: when "women were demanding the right to take up more space in the world," they were being told by a still patriarchal society "to grow physically smaller." Though Knapp admits it's "easier to worry about the body than the soul," she hopes creating a dialogue about anorexia will enable all women to nourish both.

Visual Communication Research Designs ReadHowYouWant.com
A memoir of sex, drugs, and depression indicts an overmedicated America as it chronicles the fortunes of a Harvard educated child of divorce who lived in the fast lane as a music critic, always fighting her chronic depression

Fat Boy Thin Man Text Publishing
Chelsea Smith's journal entries help to chronicle her struggle to overcome anorexia and bulimia and give insights into what factors lead to her eating disorder, while her mother's entries tell how her family was struggling to come to terms with Chelsea's illness.
The Mennonites Harper Collins
Photographer Lauren Greenfield captures often shocking, always startling images of children at school, at play, or at home in the precocious city of Los Angeles. The stunning color photographs range from the children of the gang culture of South Central and East L.A. to the affluent, often show-business world of the Westside. Underlying is the overwhelming importance of image and celebrity, with its materialistic trappings of fast cars and expensive clothes. 80 full-color photos.

Skin Game Phaidon Press
Caroline Kettlewell's autobiography reveals a girl whose feelings of pain and alienation led her to seek relief in physically hurting herself, from age twelve into her twenties. *Skin Game* employs clear language and candid reflection to grant general readers as well as students an uncensored profile of a complex and unsettling disorder. "[This] mesmeric memoir examines the obsession with cutting that is believed

to afflict somewhere around two million Americans, nearly all of them female," Francine Prose noted in *Elle*. "[Kettlewell's] language soars and its intensity deepens whenever she is recalling the lost joys and the thrilling sensation of sharp steel against her tender skin."

Candy ReadHowYouWant.com
Combining the analytical tools of cinema studies with insights from clinical practice focused on eating disorders, *Body Shots* offers a compelling case for widespread media literacy to combat the effects of the "eating disordered culture" represented in Hollywood productions and popular images of celebrity life.

Photography Today Abrams
Revealing and insightful, Lauren Greenfield's classic monograph on the lives of American girls is back in print. Greenfield's award-winning photographs capture the ways in which girls are affected by American popular culture. With an eye for both the common and the eccentric, she visits girls of all ages, discussing issues ranging from eating disorders and self-mutilation to spring break and prom. With more than 100 mesmerizing photographs, 18 interviews, and an introduction by social and cultural historian Joan Jacobs Brumberg, this book is as vital and relevant now as when it was first published.

Life-Size Alfred A Knopf Incorporated
A vivid showcase of work by more than thirty of the world's leading contemporary female documentary photographers. The photographic industry - its exhibitions, galleries, publications and auctions - employs thousands of women, but champions mostly men. To begin to redress the balance, here is a timely presentation of the work of over 30 female photographers working today. This book is predominantly a celebration of some of the most inquisitive, intelligent and daring photography being created now. The stories the photographers tell are the most pressing social, political and personal issues seen through the female lens. *Firecracker*, established in 2011 by Fiona Rogers, is a platform dedicated to supporting female photographers worldwide by showcasing their work. Building upon *Firecracker's* foundations, this book brings together photography that encompasses an eclectic variety of styles, techniques and locations, from Alma Haser's futuristic series of portraits that use origami to create 3D sculptures within the frame, to Laura El-Tantawy's filmic and intensely personal series on political protest in Cairo. There is a recurring theme throughout the book that serves to unite these extraordinary women and their work: the exploration of marginalized individuals and under-discussed subjects, seen by fresh eyes. Fiona Rogers and Max Houghton offer insightful and expert authorship and curation. In their respective, well-established roles in the industry they understand, influence and advocate for contemporary documentary photography today.

A Bright Red Scream Routledge
"I highly recommend [A Bright Red Scream], because it's beautifully written and... so candid." —Amy Adams, star of HBO's *Sharp Objects* in *Entertainment Weekly*
Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their numbers include the actor Johnny Depp, *Girl Interrupted* author Susanna Kaysen, and the late Princess Diana. Mistakenly viewed as suicide attempts or senseless masochism—even by many health professionals—"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves—who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. *A Bright Red Scream* is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists.

Aesthetics, Empathy and Education Chronicle Books
From Bobbi Brown, world-famous makeup artist, *Pretty Powerful* is a new kind of makeup manual that starts with who you are, rather than how you look. In this book, Bobbi interviews dozens of real women, celebrities, and athletes about what beauty means to them and shows, step-by-step, how to achieve each look. Along the way, she shares her trade secrets for striking eyes, youthful skin, pretty lips, and perfect brows for any age, skin color, or beauty type. Brimming with hundreds of stunning makeover ideas, recommendations for the best tools and products, inspiring beauty stories, and expert tips not found anywhere else, *Pretty Powerful* is the must-have guide for lasting beauty, inside and out.

The Body Project London : Phaidon
Visual Communication Research Designs provides a step-by-step guide for designing research involving visuals relevant to communications media. This volume explains the process from conceptualization to research questions, instrumentation, analysis, and reliability and validity checks. It also addresses the lack of sufficient methods to answer theoretical questions attending visual communication. This resource has been developed in response to the circumstance in which, in many cases, the methodologies used for verbal and textual communications are inappropriate or ineffective when applied or adapted for the study of visual communications. Additionally, research articles

from ethnography, action research, rhetoric, semiotics, psychology, cultural studies, and critical theory often do not use examples appropriate to visual communication readers. To address these issues, this book explains in clear and straightforward language key research designs, including new methodologies, that are appropriate for scholars and students conducting visual communication research. Organized into three parts -- production, analysis, and effects of visuals -- this research text provides guidance in using, interpreting and measuring the effects of visual images. It addresses such topics as: producing photographs and video that can be used as research data; interpreting images that already exist; measuring the effects of visuals and to understand their use by different groups. Ethical issues are included, as well as a discussion of the advantages and limitations of each method. "War stories" are provided by experienced researchers, who discuss a particular research project and explain pitfalls to avoid, as well as what to do when problems occur. The primary audiences are scholars, researchers, and students conducting research on motion pictures, video, television, photographs, illustrations, graphics, typography, political cartoons, comic books, animation, and other media with a visual component. Individuals will use this text whenever they need to conduct research that involves visuals in the media. The book will be a required text for advanced courses in visual culture, seminars on visual communication research, and other research methods courses integrating a visual component.

Prozac Nation National Geographic Books
Weight has always been a big issue in Carmen's life. Not surprising when her mum is obsessed with the idea that thin equals beauty, thin equals success, thin equals the way to get what you want. And somehow her daughter is going to be thin. When her mother sweeps her off to live in the city, Carmen finds her old world disappearing. With everything to gain and absolutely nothing to lose. Carmen starts to ask: if she was thin, very thin, could it all be different? A new cover edition of Julia Bell's critically acclaimed YA novel, *Massive*, published to coincide with the release of Julia's new book, *The Dark Light* 'Bell's debut novel is tough, grimy and truthful as it looks at three women in the same family with food problems' *Guardian* '... boldly yet sensitively explores complex interactions between emotional and nutritional needs... perceptive and disturbing' *Bookseller* '... told with sympathy and humour... manages to be enjoyable as well as thought-provoking' **Big Issue**

Wintergirls Sterling Publishing Company, Inc.
Bloodletting/ - , letting/ n. 1. Phlebotomy, the act or process of letting blood or bleeding, as by opening a vein or artery. 2. Outmoded medical practice used as a cure for illnesses ranging from fevers to hysteria. Bloodletting is a frank, compelling and at times darkly humorous memoir boldly challenging the silence surrounding one of mental health's last taboos. A close relative of bulimia and anorexia, it is estimated that up to 1 per cent of the population has intentionally harmed itself - yet for the most part it is a behaviour that goes unspoken, dismissed as the attention-seeking actions of prison inmates or delinquent teenagers. If you had run into Victoria on the street during her darkest days you would never have known the torment she endured. Confident, polite and articulate she could have been your sister, your workmate, your friend, your lover. Yet from her late teens and throughout her twenties Victoria Leatham struggled with the overwhelming desire to hurt herself, a desire that was all-consuming and shaped every aspect of her life. And while not everyone who feels stressed, insecure or depressed will physically turn upon themselves, anyone who has ever felt out of control will recognise the logic that drove her. Today Victoria is a happy, successful 30-something professional who only occasionally glances sideways at the bathroom cabinet.

The Epilogue The New Press
In America, the chasm between rich and poor is growing, the clash between conservatives and liberals is strengthening, and even good and evil seem more polarized than ever before. At the heart of this collection of portraits is my desire to remind us that we were all equal, until our environment, circumstances or fate molded and weathered us into whom we have become. Los Angeles- and New York-based photographer Mark Laita completed *Created Equal* over the course of eight years; his poignant words reflect the striking polarizations found in his photographs. Presented as diptychs, the images explore social, economic and gender difference and similarity within the United States, emulating and updating the portraiture of Edward Curtis, August Sander and Richard Avedon. This volume includes an introduction by noted culture writer and editorial cult figure Ingrid Sischy.

Diary of an Eating Disorder Rowman & Littlefield
"Eloquent... An incredibly realistic portrayal of anorexia."
—The New Yorker
She devoured their memoirs and magazine articles, committing the most salacious details to memory to learn what it would take to be the very best anorexic. When she was hospitalized at fifteen, she found herself in an existential wormhole: How can one suffer from something one has actively sought out? With attuned storytelling and unflinching introspection, Kelsey Osgood unpacks the modern myths of anorexia as she chronicles her own rehabilitation. *How to Disappear Completely* is a brave, candid and emotionally wrenching memoir that explores the physical, internal, and social ramifications of eating disorders. "Osgood vividly portrays the creepy phenomenon of the 'pro-

ana ' movement and the claustrophobic, self-involved, achingly lonely world in which young women compete to be ' perfect ' anorexics. . . . imbued with pathos and tenderness. " —Publishers Weekly " What sets Kelsey Osgood ' s memoir apart from the existing literature on anorexia is the author ' s commitment to stripping the glamour and romance from the illness . . . Intelligent, moving, beautifully written, Osgood has written a paean to wellness, and taken a forthright look at everything that anorexia, ' bastard child of vanity and self-loathing, ' took from her life. " —Molly McCloskey, author of *Circles Around the Sun: In Search of a Lost Brother*

The Dark Side of Social Media Chronicle Books

A classic of psychology and eating disorders, now reissued with an important and perhaps controversial new afterword by the author, *Wasted* is New York Times bestselling author Marya Hornbacher's highly acclaimed memoir that chronicles her battle with anorexia and bulimia. Vivid, honest, and emotionally wrenching, *Wasted* is the story of how Marya Hornbacher willingly embraced hunger, drugs, sex, and death—until a particularly horrifying bout with anorexia and bulimia in college forever ended the romance of wasting away. In this updated edition, Hornbacher, an authority in the field of eating disorders, argues that recovery is not only possible, it is necessary. But the journey is not easy or guaranteed. With a new ending to her story that adds a contemporary edge, *Wasted* continues to be timely and relevant.

Body Shots Vintage

The story of the Robinson family the aftermath suffered in losing their 26 year old daughter to bulimia."

Bloodletting Simon and Schuster

Here, collected for the first time, 19 writers describe their eating disorders from the distance of recovery, exposing as never before the anorexic's self-enclosed world. " This anthology lends remarkable texture to a subject that has been too often sensationalized and oversimplified. " —The New York Times Taking up issues including depression, genetics, sexuality, sports, religion, fashion and family, these essays examine the role anorexia plays in a young person's search for direction. Powerful and immensely informative, this collection makes accessible the mindset of a disease that has long been misunderstood. With essays by Priscilla Becker, Francesca Lia Block, Maya Browne, Jennifer Egan, Clara Elliot, Amanda Fortini, Louise Glück, Latria Graham, Francine du Plessix Gray, Trisha Gura, Sarah Haight, Lisa Halliday, Elizabeth Kadetsky, Maura Kelly, Ilana Kurshan, Joyce Maynard, John Nolan, Rudy Ruiz, and Kate Taylor.