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Nota di contenuto	Cover; Half Title; Title Page; Copyright Page; Table of Contents; Preface: The Beginning of a Journey; SECTION I: MY OWN TRUTHS; Chapter 1. Welcome to the World Beyond Size 10; Chapter 2. Doubt: Whistling in the Dark; Chapter 3. For You, Jane, Too Late?; Chapter 4. Who Do I See in Another's Eyes?; Chapter 5. Tucking in My Blouse; Chapter 6. There's Good Work Out There: What Others Are Saying; Chapter 7. I See My Insides/You See My Outsides; Chapter 8. The Lifelong Diet; Chapter 9. What's Funny About Fat?; Chapter 10. Does "'Old and Fat"' Mean I've Given Up?; Chapter 11. This Body I Live In SECTION II: WHAT THE OUTSIDE WORLD BELIEVESChapter 12. I Am Not Your Punching Bag!; Chapter 13. Is Ugly True?; Chapter 14. Screaming in the Face of the World, or What Does Acceptance Look Like?; Chapter 15. Help! The Avalanche Roars Down on Us; Chapter 16. The Birds; Chapter 17. Why Do I Feel Like a Bull's Eye?; Chapter 18. Weight Watchers: How They Want Us Back!; Chapter 19. Don't Raise Your Head-They're Still Shooting!; SECTION III: TIME TO MOVE ON; Chapter 20. Love Letters; Chapter 21. Raw Courage in the Face of Horror Stories;

Chapter 22. Breaking Free; Chapter 23. Trudging Through
Chapter 24. Fighting BackChapter 25. Images of Ourselves-Good and
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Ageism, Looksism, Sexism, Racism, Fatism; Index

Sommario/riassunto

Despite the gains of the women's movement, women are still judged by what they look like--and men, by what they do. *Fat--A Fate Worse Than Death?* offers hardy resistance to the narrow, random, and irrational appearance standards set for American women through an approach that is personal, eclectic, courageous, and funny. If you are interested in giving up your diet, throwing out your scales, and concentrating on who you are on a deeper level, this book will show you how to accept, appreciate, and even love your body! Using statistics, research, anecdotes, and personal experiences, *Fat--A Fate W*
