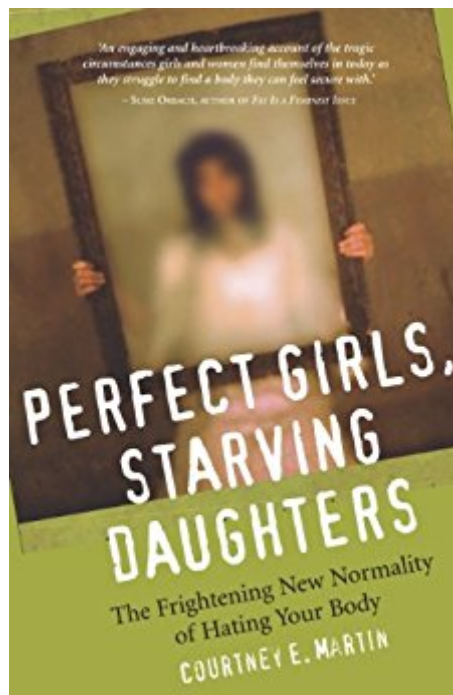




The book was found

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



## Synopsis

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.

## Book Information

File Size: 1177 KB

Print Length: 342 pages

Publisher: Piatkus (February 27, 2014)

Publication Date: February 27, 2014

Language: English

ASIN: B00I9GXOZ0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,882,285 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #320 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Eating Disorders](#) #1116 in [Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image](#)

## Customer Reviews

If you read this book with an open mind, there is not one person who wouldn't benefit from it. It's an in-depth description/study on some of the main topics circulating around eating disorders. Courtney structured the book topic by topic or rather, chapter by chapter, and for each new section she made sure to mention some real life stories alongside how people are handling or not handling it and how it affects the young girls suffering from these disorders or are bordering that uncompromisable leap. She does so in a very respectful manner because stepping on anyone's toes, especially in a matter so difficult and sensitive as eating disorders, is no where near helpful or motivational. Some of the topics focused on are the father-daughter/mother-daughter connection, the media's influence, sexual drive in correlation to society, spirituality, the college years, the years after college and many more. Overall I highly recommend this book for anyone because the information is vital in helping everyone to be culturally competent when it comes to eating disorders. People will learn that there is no rhyme or reason when finding a causation and how the real topic at hand is not the outer display of disarray, but the inner turmoil paired up with that drive to be "perfect." Any downfalls?--She makes slight mention of men suffering from eating disorders, but it is definitely a book primarily based around girls and women who struggle with them. Yet this is not to say men can't read this book and take anything away from it--that is definitely NOT the case. Society, as a whole, influences what is around them, and as much as people (both male and female) like to think, eating disorders are not just a problem for one half of the population. Guys do affect how women think of themselves. Again, it's not the WHOLE picture, but it can be apart of it. So for those father's who are raising a daughter, read this. For those father's raising a son, read this. If you don't want to read this book, then read another one that seems more approachable because whether you like it or not, eating disorder rates are rising and the amount of helpful preparation girls are receiving isn't getting nearly the increase required to combat the detrimental rate.--Also, this book alludes to some feminist topics. Reading this book when you're an anti-feminist without an open mind to new ideas that may or may not change your concrete opinion will not benefit you and it will not benefit others in need of help. This is not to say you cannot read any eating disorder books because you'll cause others to stumble. This is just to say that this book is probably not going to be put on your "I love you this book" shelf. She's VERY respectful and endearing, from what I saw, and she only means to be an advocate for those quieted by their "perfect girl" identity. Take it lightly and remember the girls reading this, like myself, who are struggling with this problem.-----As far as shipping goes, the book came earlier than expected! At first, the estimated delivery date was set for March 15th, but it came on Pi Day. Awesome job by .com LLC :)

I bought this book on a whim after reading a blog post by Courtney Martin. I think its a must read for twenty-something women. We spend so much time critiquing ourselves on things that are not our sole value, and this book really opened my eyes to my own behavior and that of my friends. I plan on sharing this book with all my female friends as a way to remind them of their own power and the power of negative thoughts.

I have been struggling with quitting dieting - although it's damaging my health, I still had that 'fear' of weight gain. Terrified, you might say. This book really helped me understand where that came from, and how wasteful it is to spend any more time or give any more of my mental space over to these obsessions.

Great book. Definitely a must-read if you are interested in eating disorders from a modern day perspective. I thought it was a bit extreme however. I understand that the author's close friends may all have been battling eating disorders or some form of disordered eating, but this was not the case in my group of friends. Otherwise, this was a great read. Very interesting and hard to put down.

Immediately after I finished this book, I bought a bunch more copies to give to all of my friends. THAT is how good it is. As a 22 year old female who falls into the category of an overachieving and ambitious perfectionist, I found that this was the first book I've come across written by someone who has the same questions as me and who was actually able to answer to them. While reading this book I was struck over and over again by how many times I came across something which my friends and I do/think/wonder/feel. This is a book which young women today can really connect with. Even if you've never had an eating disorder, you will definitely recognize the patterns of perfectionism and unhealthy relationships to food and fitness which have probably shaped your life. If you've ever wondered why you feel compelled to lose weight, even when you know you're perfectly healthy and beautiful, this book is for you. If you're sick of watching all your friends and your sisters struggling with eating disorders or just general disordered eating, this book is for you. If you're a guy and you think your girlfriend is crazy because she obsesses over everything she puts in her mouth and berates herself for skipping the gym, this is for you. If you're a smart, strong young woman who knows that blaming the media and the fashion & beauty industry for our body images issues is too simplistic an explanation, this book is for you. Please please please read this book and share it with all your friends. It's time we all started talking about these pressures and changing our lives for the better instead of suffering alone in silence.

Very shocking how honest this book is. More women should read this book to understand you and your food and image battles don't need to be fought solo. This truly opened my eyes as they first 15 pages really struck home for me. It was like this book was in my brain. Since reading it it has changed my perspective on food and also how women are perceived,

Good tips

[Download to continue reading...](#)

Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body  
Perfect Daughters: Adult Daughters of Alcoholics  
Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics  
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)  
Dixie's Daughters: The United Daughters of the Confederacy and the Preservation of Confederate Culture (New Perspectives on the History of the South)  
You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers (Daughters Of Narcissistic Mothers Book 1)  
Back to Life, Back to Normality: Cognitive Therapy, Recovery and Psychosis  
Liberating Privilege: The Breakthrough of God and the Persistence of Normality  
Daughters of the Faith SET #2 (four books) (Daughters of the Faith Series)  
Daughters of Faith SET #1 (four books) (Daughters of the Faith Series)  
Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book)  
Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts  
Bendy and the Ink Machine Artbook: Over fifty amazing, frightening and cool looking pieces of fanart!  
Frightening Fiction (Contemporary Classics in Children's Literature)  
The What's Happening to My Body? Book for Girls: A Growing-Up Guide for Parents and Daughters  
Loving Pablo, Hating Escobar  
The Hating Game: A Novel  
Hating to Love: Re-Assessing the 52 Worst Doctor Who Stories of All Time  
Hating Whitey: And Other Progressive Causes  
Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)