

Fat-Talk Nation: The Human Costs of Americas War on Fat

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FAT-TALK NATION: THE HUMAN COSTS OF AMERICAS WAR ON FAT



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Cornell University Press. Hardcover. Condition: New. 280 pages. In recent decades, America has been waging a veritable war on fat in which not just public health authorities, but every sector of society is engaged in constant fat talk aimed at educating, badgering, and ridiculing heavy people into shedding pounds. We hear a great deal about the dangers of fatness to the nation, but little about the dangers of todays epidemic of fat talk to individuals and society at large. The human trauma caused by the war on fat is disturbingand it is virtually unknown. How do those who do not fit the ideal body type feel being the object of abuse, discrimination, and even revulsion How do people feel being told they are a burden on the healthcare system for having a BMI outside what is deemedwith little solid scientific evidencehealthy How do young people, already prone to self-doubt about their bodies, withstand the daily assault on their body type and sense of self-worth In Fat-Talk Nation, Susan Greenhalgh tells the story of todays fight against excess pounds by giving young people, the campaigns main target, an opportunity to speak about experiences that have long lain hidden in silence and shame. Featuring forty-five autobiographical narratives of personal struggles with diet, weight, bad BMIs, and eating disorders, Fat-Talk Nation shows how the war on fat has produced a generation of young people feel miserable about their bodies and whose most fundamental sense of self comes from their size. It reveals that regardless of their weight, many people feel miserable about their bodies, and almost no one is able to lose weight and keep it off. Greenhalgh argues that attempts to rescue America from obesity-induced national decline are damaging the bodily and emotional health of young people and disrupting families and...

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