



Body Wars: Making Peace with Women's Bodies (An Activist's Guide)

Ph.D., Margo Maine

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Margo Maine spares no target in this straightforward and entertaining expose. Loaded with facts and inspirational quotes, this is an activist's guide for parents, educators, therapists, patients, former patients, or anyone who wants to fight against the forces that prevent women from being comfortable in their own bodies. Included are extensive Strategies for Change with ideas for personal and cultural growth, as well as resources with addresses, organizations, and recommended reading.

- * 25 Ways to Love Your Body
- * Guidelines for Letter Writing
- * Top Ten Reasons to Give Up Dieting
- * Join the Fight Against Fashion
- * See the Homogenizing Effects of Cosmetic Surgery
- * Stop Violence Against Women
- * Fight Size, Sex, and Age Discrimination
- * Tactics for Healthy Eating
- * Facts about Kids and Dieting

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Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Body Wars: Making Peace with Women's Bodies (An Activist's Guide), you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

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