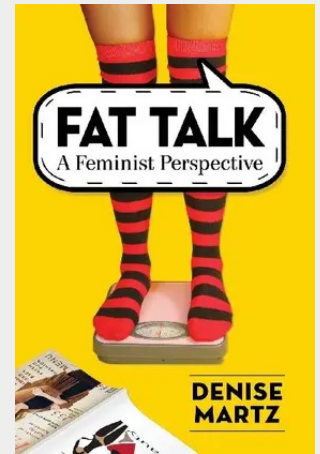


Fat Talk

Women have unintentionally become their own worst enemies through their engagement in "fat talk"--critical dialogue about one's own physical appearance--and "body snarking"--criticism towards other women's bodies). Not only does this harsh judgment pervade our psyches and societies, but it also contributes to the glass ceiling in a variety of professions, including politics representing feminist activism. This book reviews and analyzes the origins and effects of fat talk and body shaming, and provides potential solutions that include evidence-based personal therapies and community interventions.

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