



Body Wars

Margo Maine Ph.D., Margo Maine

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In this ground-breaking study, Margo Maine declares war on a culture that dismisses, devalues, and disempowers women by making them hate their own bodies. This book covers issues from dieting and weight prejudice to concepts of beauty and ageism to sports, fashion advertising, and propaganda. With practical strategies for activists, educators, and parents, this book also contains extensive references and appendices. *Body Wars* takes its place alongside *The Beauty Myth* and *Reviving Ophelia* in recognizing the constant assault women face, but goes further by giving them practical tools with which to fight back.

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