

The Beauty Myth

Released for the first time in paperback, this landmark social and political volume on feminism is credited with being responsible for raising awareness, liberating both sexes, and triggering major advances in the feminist movement. Reprint.

Should western beauty practices, ranging from lipstick to labiaplasty, be included within the United Nations understandings of harmful traditional/cultural practices? By examining the role of common beauty practices in damaging the health of women, creating sexual difference, and enforcing female deference, this book argues that they should. In the 1970s feminists criticized pervasive beauty regimes such as dieting and depilation, but some 'new' feminists argue that beauty practices are no longer oppressive now that women can 'choose' them. However, in the last two decades the brutality of western beauty practices seems to have become much more severe, requiring the breaking of skin, spilling of blood and rearrangement or amputation of body parts. *Beauty and Misogyny* seeks to make sense of why beauty practices are not only just as persistent, but in many ways more extreme. It examines the pervasive use of makeup, the misogyny of fashion and high-heeled shoes, and looks at the role of pornography in the creation of increasingly popular beauty practices such as breast implants, genital waxing and surgical alteration of the labia. It looks at the cosmetic surgery and body piercing/cutting industries as being forms of self-mutilation by proxy, in which the surgeons and piercers

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serve as proxies to harm women's bodies, and concludes by considering how a culture of resistance to these practices can be created. This essential work will appeal to students and teachers of feminist psychology, gender studies, cultural studies, and feminist sociology at both undergraduate and postgraduate levels, and to anyone with an interest in feminism, women and beauty, and women's health.

In her bestselling book *The Beauty Myth*, Naomi Wolf sought to change the way in which women see themselves in relation to their bodies. Now she focuses on how they see themselves in relation to power. She argues that the feminist movement has to change if it is to speak to a new generation of women, and that, even as women are gaining more ground than ever before, a wariness of feminist orthodoxies keeps them away from the only movement capable of putting political clout behind their personal success. The book represents a call to women to throw off centuries of conditioning about the relationship between power and femininity.

By the New York Times bestselling author: a provocative account of the attack on the humanities, the rise of intolerance, and the erosion of serious learning America is in crisis, from the university to the workplace. Toxic ideas first spread by higher education have undermined humanistic values, fueled intolerance, and widened divisions in our larger culture. Chaucer, Shakespeare and Milton? Oppressive. American history? Tyranny. Professors correcting grammar and spelling, or employers hiring by merit? Racist and sexist. Students emerge into the working world believing that human

beings are defined by their skin color, gender, and sexual preference, and that oppression based on these characteristics is the American experience. Speech that challenges these campus orthodoxies is silenced with brute force. The Diversity Delusion argues that the root of this problem is the belief in America's endemic racism and sexism, a belief that has engendered a metastasizing diversity bureaucracy in society and academia. Diversity commissars denounce meritocratic standards as discriminatory, enforce hiring quotas, and teach students and adults alike to think of themselves as perpetual victims. From #MeToo mania that blurs flirtations with criminal acts, to implicit bias and diversity compliance training that sees racism in every interaction, Heather Mac Donald argues that we are creating a nation of narrowed minds, primed for grievance, and that we are putting our competitive edge at risk. But there is hope in the works of authors, composers, and artists who have long inspired the best in us. Compiling the author's decades of research and writing on the subject, *The Diversity Delusion* calls for a return to the classical liberal pursuits of open-minded inquiry and expression, by which everyone can discover a common humanity. In *Promiscuities*, Naomi Wolf has written an exceptionally frank sexual memoir of an individual and a generation, and a call to women not only to reclaim but to celebrate their own sexual experiences, desires and histories.

The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal

recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

Ancient Greek culture is pervaded by a profound ambivalence regarding female beauty. It is an awe-inspiring, supremely desirable gift from the gods, essential to the perpetuation of a man's name through reproduction; yet it also grants women terrifying power over men, posing a threat inseparable from its allure. The myth of Helen is the central site in which the ancient Greeks expressed and reworked their culture's anxieties about erotic desire. Despite the passage of three millennia, contemporary culture remains almost obsessively preoccupied with all the power and danger of female beauty and sexuality that Helen still represents. Yet Helen, the embodiment of these concerns for our purported cultural ancestors, has been little studied from this perspective. Such issues are also central to contemporary feminist thought. Helen of Troy engages with the ancient origins of the persistent anxiety about female beauty, focusing on this key figure from ancient Greek culture in a way that both extends our understanding of that culture and provides a useful perspective for reconsidering aspects of our own. Moving

from Homer and Hesiod to Sappho, Aeschylus, and Euripides, Ruby Blondell offers a fresh examination of the paradoxes and ambiguities that Helen embodies. In addition to literary sources, Blondell considers the archaeological record, which contains evidence of Helen's role as a cult figure, worshipped by maidens and newlyweds. The result is a compelling new interpretation of this alluring figure.

Nominated for the Shirley Jackson and Saboteur awards, this game-changing story was chosen by Adam Nevill as one of his favourite horror short stories: "What a refreshing gust of tiny spores this novella explodes into, and I inhaled them all with glee". Somewhere away from the cities and towns, in the Valley of the Rocks, a society of men and boys gather around the fire each night to listen to their history recounted by Nate, the storyteller. Requested most often by the group is the tale of the death of all women. They are the last generation. One evening, Nate brings back new secrets from the woods; peculiar mushrooms are growing from the ground where the women's bodies lie buried. These are the first signs of a strange and insidious presence unlike anything ever known before... Discover the Beauty.

"This highly engaging landmark work, a natural history of exercise--by the author of the best seller *The Story of the Human Body*--seeks to answer a fundamental question: were you born to run or rest The first three parts of *Exercised* roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are

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our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

The United States is obsessed with virginity - from the media to schools to government agencies. This panic is ensuring that young women's ability to be moral agents is absolutely dependent on their sexuality. Jessica Valenti, executive editor of Feministing.com and author of Full Frontal Feminism and Yes Means Yes, addresses this poignant issue in her latest book, *The Purity Myth*. Valenti argues that the country's intense focus on chastity is extremely damaging to young women. Through in depth analysis of cultural stereotypes and media messages, Valenti reveals that powerful messages - ranging from abstinence curriculum to "Girls Gone Wild" commercials - place a young woman's worth entirely on her sexuality. Morals are therefore linked purely to sexual behavior, as opposed to values like honesty, kindness, and altruism. Valenti approaches the topic head-on, shedding light on chastity in a historical context, abstinence-only education, pornography, and public punishments for those who dare to have sex, among other critical issues. She also offers solutions that pave the way for a future without a damaging emphasis on virginity, including a call to rethink male sexuality and reframing the idea of "losing it." With Valenti's usual balance of intelligence and wit, *The Purity Myth*

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presents a powerful and revolutionary argument that girls and women, even in this day and age, are overly valued for their sexuality, and that this needs to stop.

This volume approaches questions about gender and the politics of appearance from a new perspective by developing the notion of aesthetic labour. Bringing together feminist writing regarding the 'beauty myth' with recent scholarship about new forms of work, the book suggests that in this moment of ubiquitous photography, social media, and 360 degree surveillance, women are increasingly required to be 'aesthetic entrepreneurs', maintaining a constant state of vigilance about their appearance. The collection shows that this work is not just on the surface of bodies, but requires a transformation of subjectivity itself, characterised by notions of personal choice, risk-taking, self-management, and individual responsibility. The book includes analyses of online media, beauty service work, female genital cosmetic surgery, academic fashion, self-help literature and the seduction community, from a range of countries. Discussing beauty politics, postfeminism, neoliberalism, labour and subjectivity, the book will be of interest to scholars and students with an interest in Gender, Media Studies, Cultural Studies, Sociology, Social Psychology and Management Studies.

"This highly engaging, smart, and wide-ranging collection analyzes how, under the self-governing mandates of neoliberalism, the demands that girls and women regulate and control their bodies and appearance have escalated to new, unforgiving levels. A special strength of the book is its emphasis on the rise of 'aesthetic labour' as a global, transnational and ever-colonizing phenomenon that seeks to sweep up women of all races, ages and locales into its disciplinary grip. Highly recommended." -Susan J Douglas, University of Michigan, USA the inherited responsibility that remains women's particular burden to manage." -Melissa

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Gregg, Intel Corporation, USA "This book incisively conceptualizes how neo-liberalist and postfeminist tendencies are ramping up pressures for glamour, aesthetic, fashion, and body work in the general public. In a moment when YouTube 'makeup how to' videos receive millions of hits; what to wear and how to wear it blogs clock massive followings; and staying 'on brand' is sold to us as the key to personal and financial success, 'aesthetic entrepreneurship' is bound to become a go-to concept for anyone seeking to understand the profound shifts shaping labor and life in the 21st century."

-Elizabeth Wissinger, City University of New York, USA

"Part social commentary, part cultural analysis, part careful investigation and part powerful personal anecdotes, a provocative book explores the relationship between appearance and science, social media, sex, friendship, language and advertising to show how beauty actually affects us day to day,"--NoveList.

From a bold new feminist voice, a book that will change the way you think about your sex life. Fifty years after the sexual revolution, we are told that we live in a time of unprecedented sexual freedom; that if anything, we are too free now. But beneath the veneer of glossy hedonism, millennial journalist Rachel Hills argues that we are controlled by a new brand of sexual convention: one which influences all of us—woman or man, straight or gay, liberal or conservative. At the root of this silent code lies the Sex Myth—the defining significance we invest in sexuality that once meant we were dirty if we did have sex, and now means we are defective if we don't do it enough. Equal parts social commentary, pop culture, and powerful personal anecdotes from people across the English-speaking world, *The Sex Myth* exposes the invisible norms and unspoken assumptions that shape the way we think about sex today.

Describes changing public attitudes towards comic books

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This book highlights the unique and complex role women have played in the shaping of the American environment from pre-Columbian Native Americans to present day environmental justice activists.

From New York Times bestselling author Naomi Wolf, *Outrages* explores the history of state-sponsored censorship and violations of personal freedoms through the inspiring, forgotten history of one writer's refusal to stay silenced. Newly updated, first North American edition--a paperback original In 1857, Britain codified a new civil divorce law and passed a severe new obscenity law. An 1861 Act of Parliament streamlined the harsh criminalization of sodomy. These and other laws enshrined modern notions of state censorship and validated state intrusion into people's private lives. In 1861, John Addington Symonds, a twenty-one-year-old student at Oxford who already knew he loved and was attracted to men, hastily wrote out a seeming renunciation of the long love poem he'd written to another young man. *Outrages* chronicles the struggle and eventual triumph of Symonds—who would become a poet, biographer, and critic—at a time in British history when even private letters that could be interpreted as homoerotic could be used as evidence in trials leading to harsh sentences under British law. Drawing on the work of a range of scholars of censorship and of LGBTQ+ legal history, Wolf depicts how state censorship, and state prosecution of same-sex sexuality, played out—decades before the infamous trial of Oscar Wilde—shadowing the lives of people who risked in new ways scrutiny by the criminal justice system. She shows how legal persecutions of writers, and of men who loved men affected Symonds and his contemporaries, including Christina and Dante Gabriel Rossetti, Algernon Charles Swinburne, Walter Pater, and the painter Simeon Solomon. All the while, Walt Whitman's *Leaves of Grass* was illicitly crossing the Atlantic

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and finding its way into the hands of readers who reveled in the American poet's celebration of freedom, democracy, and unfettered love. Inspired by Whitman, and despite terrible dangers he faced in doing so, Symonds kept trying, stubbornly, to find a way to express his message—that love and sex between men were not “morbid” and deviant, but natural and even ennobling. He persisted in various genres his entire life. He wrote a strikingly honest secret memoir—which he embargoed for a generation after his death—enclosing keys to a code that the author had used to embed hidden messages in his published work. He wrote the essay *A Problem in Modern Ethics* that was secretly shared in his lifetime and would become foundational to our modern understanding of human sexual orientation and of LGBTQ+ legal rights. This essay is now rightfully understood as one of the first gay rights manifestos in the English language. Naomi Wolf's *Outrages* is a critically important book, not just for its role in helping to bring to new audiences the story of an oft-forgotten pioneer of LGBTQ+ rights who could not legally fully tell his own story in his lifetime. It is also critically important for what the book has to say about the vital and often courageous roles of publishers, booksellers, and freedom of speech in an era of growing calls for censorship and ever-escalating state violations of privacy. With *Outrages*, Wolf brings us the inspiring story of one man's refusal to be silenced, and his belief in a future in which everyone would have the freedom to love and to speak without fear. If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe.

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You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-

building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and

begin your journey to a bigger, leaner, and stronger you! The American Society for Aesthetic Plastic Surgery estimates there are about two-and-a-half million Botox procedures performed annually, and that number continues to increase. The procedure is used as a preventive measure against aging and a means by which bodies, particularly women's, can be transformed and "improved" through the appearance of youth. But why is Botox so popular, and why is aging such a terrifying concept? *Botox Nation* draws from engaging, in-depth interviews with Botox users and providers as well as Dana Berkowitz's own experiences receiving the injections. The interviews reveal the personal motivations for using Botox and help unpack how anti-aging practices are conceived by, and resonate with, everyday people. Berkowitz is particularly interested in how Botox is now being targeted to younger women; since Botox is a procedure that must be continually administered to work, the strategic choice to market to younger women, Berkowitz argues, aims to create lifetime consumers. Berkowitz also analyzes magazine articles, advertisements, and even medical documents to consider how narratives of aging are depicted. She employs a critical feminist lens to consider the construction of feminine bodies and selves, and explores the impact of cosmetic medical interventions aimed at maintaining the desired appearance of youth, the culture of preventative medicine, the application of medical procedures to seemingly healthy bodies, and the growth and technological advancement to the anti-aging industry. The first in-depth social investigation into the

development of Botox as a phenomenon, *Botox Nation* is a captivating and critical story of how norms about bodies, gender, and aging are constructed and reproduced on both cultural and individual levels.

Discusses the ways that the magazine and its authors and editors have both passively and actively shaped American opinions of other cultures and caused us to reflect on our own culture.

Made Up exposes the multibillion-dollar beauty industry that promotes unrealistic beauty standards through a market basket of advertising tricks, techniques, and technologies. Cosmetics magnate Charles Revson, a founder of Revlon, was quoted as saying, "In the factory, we make cosmetics. In the store, we sell hope." This pioneering entrepreneur, who built an empire on the foundation of nail polish, captured the unvarnished truth about the beauty business in a single metaphor: hope in a jar. *Made Up: How the Beauty Industry Manipulates Consumers, Preys on Women's Insecurities, and Promotes Unattainable Beauty Standards* is a thorough examination of innovative, and often controversial, advertising practices used by beauty companies to persuade consumers, mainly women, to buy discretionary goods like cosmetics and scents. These approaches are clearly working: the average American woman will spend around \$300,000 on facial products alone during her lifetime. This revealing book traces the evolution of the global beauty industry, discovers what makes beauty consumers tick, explores the persistence and pervasiveness of the feminine beauty ideal, and investigates the myth-making power of beauty

advertising. It also examines stereotypical portrayals of women in beauty ads, looks at celebrity beauty endorsements, and dissects the “looks industry.” Made Up uncovers the reality behind an Elysian world of fantasy and romance created by beauty brands that won’t tell women the truth about beauty.

Describes the cultural standards of female beauty as seen in the media, their potentially damaging effect on girls' self-esteem, and ways to counteract their negative effects.

How looking beautiful has become a moral imperative in today’s world The demand to be beautiful is increasingly important in today's visual and virtual culture. Rightly or wrongly, being perfect has become an ethical ideal to live by, and according to which we judge ourselves a success or failure. Perfect Me explores the changing nature of the beauty ideal, showing how it is more dominant, demanding, and global than ever before.

Arguing that our perception of the self is changing, Heather Widdows shows that more and more, we locate the self in the body. Nobody is firm enough, thin enough, smooth enough, or buff enough—not without significant effort and cosmetic intervention. To understand these rising demands, we need to recognize their ethical aspect and seek out new communal responses.

Vintage Feminism- classic feminist texts in short form WITH A NEW INTRODUCTION BY THE

AUTHOR Every day, women around the world are confronted with a dilemma - how to look. In a society embroiled in a cult of female beauty and youthfulness, pressure on women to conform physically is constant

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and all-pervading. In this shortened edition you will find the essence of Wolf's groundbreaking book. It is a radical, gripping and frank expose of the tyranny of the beauty myth, its oppressive function and the destructive obsession it engenders.

The bestselling classic that redefined our view of the relationship between beauty and female identity . Every day, women around the world are confronted with a dilemma – how to look. In a society embroiled in a cult of female beauty and youthfulness, pressure on women to conform physically is constant and all-pervading. In this iconic, gripping and frank exposé, Naomi Wolf exposes the tyranny of the beauty myth through the ages and its oppressive function today, in the home and at work, in literature and the media, in relationships between men and women, between women and women. With pertinent and intelligent examples, she confronts the beauty industry and its advertising and uncovers the reasons why women are consumed by this destructive obsession. 'Essential reading' Guardian 'A smart, angry, insightful book, and a clarion call to freedom. Every woman should read it' Gloria Steinem

In this "provocative" book (New York Times), a contrarian physicist argues that her field's modern obsession with beauty has given us wonderful math but bad science. Whether pondering black holes or predicting discoveries at CERN, physicists believe the best theories are beautiful, natural, and elegant, and this standard separates popular theories from disposable ones. This is why, Sabine Hossenfelder

argues, we have not seen a major breakthrough in the foundations of physics for more than four decades. The belief in beauty has become so dogmatic that it now conflicts with scientific objectivity: observation has been unable to confirm mindboggling theories, like supersymmetry or grand unification, invented by physicists based on aesthetic criteria. Worse, these "too good to not be true" theories are actually untestable and they have left the field in a cul-de-sac. To escape, physicists must rethink their methods. Only by embracing reality as it is can science discover the truth.

Based on Dr. Robyn Silverman's groundbreaking research at Tufts University, and filled with searingly honest young voices, *Good Girls Don't Get Fat*: – Decodes the ripple effects of actions that damage our girls—and provides tools to help stop them. – Shines light on the positive influence of women who embrace body types of any size—and explains how to model the right behavior. – Shows how girls, whatever their size, can own their strengths, trust their power and accomplish amazing things.

Glamorous! Raheema Sanders, 85-year-old CEO of Sepia Cosmetics seeks to find a way to reverse the effects of aging on herself. Learning that Isis is more than human, she has the goddess kidnapped and taken to her secret lab so she can learn the beauty secrets of the gods. However, when she comes face-to-face with the goddess she soon learns Isis'

beauty is more than skin deep.

“For a Second Wave feminist like myself, *Girls to the Front* evokes wonderfully the way the generation after mine soaked up the promise and the punishment of feminist consciousness....A richly moving story.” —Village Voice writer Vivian Gornick

Girls to the Front is the epic, definitive history of the Riot Grrrl movement—the radical feminist punk uprising that exploded into the public eye in the 1990s, altering America’s gender landscape forever. Author Sara Marcus, a music and politics writer for Time Out New York, Slate.com, Pos, and Heeb magazine, interweaves research, interviews, and her own memories as a Riot Grrrl front-liner. Her passionate, sophisticated narrative brilliantly conveys the story of punk bands like Bikini Kill, Bratmobile, Heavens to Betsy—as well as successors like Sleater-Kinney, Partyline, and Kathleen Hanna’s Le Tigre—and their effect on today’s culture.

An award-winning Northwestern University psychology professor reveals how the cultural obsession with women's appearance is an epidemic that harms women's ability to get ahead and to live happy, meaningful lives, in this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg. Today’s young women face a bewildering set of contradictions when it comes to beauty. They don’t want to be Barbie dolls but, like generations of women before them,

are told they must look like them. They're angry about the media's treatment of women but hungrily consume the very outlets that belittle them. They mock modern culture's absurd beauty ideal and make videos exposing Photoshopping tricks, but feel pressured to emulate the same images they criticize by posing with a "skinny arm." They understand that what they see isn't real but still download apps to airbrush their selfies. Yet these same young women are fierce fighters for the issues they care about. They are ready to fight back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In *Beauty Sick*, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must break free from cultural forces that feed destructive desires, attitudes, and words—from fat-shaming to denigrating commentary about other women. She provides inspiration and workable solutions to help girls and women overcome negative attitudes and embrace their whole selves, to transform their lives, claim the

futures they deserve, and, ultimately, change their world.

In *Misconceptions*, bestselling author Naomi Wolf she demythologizes motherhood and reveals the dangers of common assumptions about childbirth. With uncompromising honesty she describes how hormones eroded her sense of independence, ultrasounds tested her commitment to abortion rights, and the keepers of the OB/GYN establishment lacked compassion. The weeks after her first daughter's birth taught her how society, employers, and even husbands can manipulate new mothers. She had bewildering post partum depression, but learned that a surprisingly high percentage of women experience it. Wolf's courageous willingness to talk about the unexpected difficulties of childbirth will help every woman become a more knowledgeable planner of her pregnancy and better prepare her for the challenges of balancing a career, freedom, and a growing family. Invaluable in its advice to parents, *Misconceptions* speaks to anyone connected—personally, medically, or professionally—to a new mother.

INSTANT NEW YORK TIMES BESTSELLER “One of the most important books I’ve ever read—an indispensable guide to thinking clearly about the world.” – Bill Gates “Hans Rosling tells the story of ‘the secret silent miracle of human progress’ as

only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly.” —Melinda Gates "Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world’s population live in poverty; why the world’s population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don’t know what we don’t know, and even

our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Vintage Feminism: classic feminist texts in short form WITH A NEW INTRODUCTION BY THE AUTHOR Every day, women around the world are confronted with a dilemma – how to look. In a society embroiled in a cult of female beauty and youthfulness, pressure on women to conform physically is constant and all-pervading. In this shortened edition you will find the essence of Wolf's groundbreaking book. It is a radical, gripping and frank exposé of the tyranny of the beauty myth, its

oppressive function and the destructive obsession it engenders.

The embarrassment and alienation we often feel when the word 'vagina' comes up in conversation is fairly new. In this book, Naomi Wolf explains why the vagina deserves an understanding of its own cultural lineage and ancestry because, what is true of the female body in general, is more true of the vagina than of any other feminine aspect.

A provocative and thoroughly researched inquiry into what we find beautiful and why, skewering the myth that the pursuit of beauty is a learned behavior. In *Survival of the Prettiest*, Nancy Etcoff, a faculty member at Harvard Medical School and a practicing psychologist at Massachusetts General Hospital, argues that beauty is neither a cultural construction, an invention of the fashion industry, nor a backlash against feminism—it's in our biology. Beauty, she explains, is an essential and ineradicable part of human nature that is revered and ferociously pursued in nearly every civilization—and for good reason. Those features to which we are most attracted are often signals of fertility and fecundity. When seen in the context of a Darwinian struggle for survival, our sometimes extreme attempts to attain beauty—both to become beautiful ourselves and to acquire an attractive partner—suddenly become much more understandable. Moreover, if we understand how the desire for beauty is innate, then we can begin to work in our own interests, and not just the interests of our genetic tendencies. Reviewers of this book have praised Christina Hoff Sommer's well-reasoned argument against many

feminists' reliance on misleading, politically motivated 'facts' about how women are victimised.

The English-language debut of Indonesia's rising star. The epic novel *Beauty Is a Wound* combines history, satire, family tragedy, legend, humor, and romance in a sweeping polyphony. The beautiful Indo prostitute Dewi Ayu and her four daughters are beset by incest, murder, bestiality, rape, insanity, monstrosity, and the often vengeful undead. Kurniawan's gleefully grotesque hyperbole functions as a scathing critique of his young nation's troubled past: the rapacious offhand greed of colonialism; the chaotic struggle for independence; the 1965 mass murders of perhaps a million "Communists," followed by three decades of Suharto's despotic rule. *Beauty Is a Wound* astonishes from its opening line: One afternoon on a weekend in May, Dewi Ayu rose from her grave after being dead for twenty-one years.... Drawing on local sources—folk tales and the all-night shadow puppet plays, with their bawdy wit and epic scope—and inspired by Melville and Gogol, Kurniawan's distinctive voice brings something luscious yet astringent to contemporary literature.

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