BODYLOVE

Learning to Like Our Looks and Ourselves

A PRACTICAL GUIDE FOR WOMEN

Rita Freedman, Ph.D.

"An insightful guide.... Any woman who has ever looked in the mirror and sighed should find it helpful."

—Mary Ellen Donovan, coauthor of Women and Self-esteem
CHAPTER 1

2. For a general discussion of this point, see:

CHAPTER 2

3. For a general discussion, see:


Feeling fat in a thin society, Glamour, February 1984, pp. 198–201. For a general review of women’s special problems with physical attractiveness, see:


For a general overview, of facts about looksism, see:


13. For an overview of the effects of mirrors, see:


14. For an understanding of cognitive theory and its application, see:


**CHAPTER 3**

2. For an overview of children’s perception of physical attractiveness, see:

**CHAPTER 4**

2. Fat facts. See:
3. Fallon and Rozin, Sex differences. (See ch. 4, note 1.)
4. Playboy centerfolds, see:
Advertisements and plump models, see: 
*M.S.,* May 1987, p. 33.


6. For a review of weight bias, see: 


**CHAPTER 5**


2. Facts about physical activity and self-image. 


For a general discussion, see: 


5. Ibid., p. 77.

**CHAPTER 6**


**CHAPTER 7**

5. Myths and facts about aging, see:
11. Melamed, p. 75.
16. See Doress et al., Ourselves, Growing Older, note 6, p. 38.

CHAPTER 8

4. For an overview of the meaning of cosmetics, see:
10. For a general discussion of cosmetic surgery, see:


**CHAPTER 9**


INDEX

A
Abortion, 154
Abzug, Bella, 193
Acceptance, 4
Activity. See Exercising
Adolescence, 55–57
    age anxiety in, 161–62
    body parts and, 62
    complexion and, 61
    cosmetics and, 61, 198–99
    eating disorders in, 61
    exercise involving, 59, 61–64
    father and, 63
    media and, 55
    mother and, 62, 63
    rebellion in, 55–57, 74–75
    self-consciousness during, 55
    self-identity and, 74
    sex differences and, 55
    sexual shame and, 148–49
    weight and, 83–84
Adulthood, parental values and, 63–64
Aerobic dancing, 127–28
Aesthetic pleasure, cosmetics and, 192
Age
    sexual shame and, 156
    weight and, 89, 92, 96
Ageism, 28, 162, 164, 172
Aging (old age), 4, 63–64, 160–87
    age labels and, 163–64
    anxiety about, 20, 22, 160–62
attractive women and, 172
    body image and, 162, 168–72,
    174–77
    clothing and, 163
    cosmetics and, 165–66, 185, 193
    cosmetic surgery and, 164
    deception and, 177–78
    double standards of, 173–74
    exercising and, 121, 163–64, 175–77,
    180–82
    gray hair, 63–64, 74, 193
    husbands and, 172
    looksism and, 160, 172–74
    menopause, 183–84, 222
    myths about, 168–69, 182
    role models and, 166, 179–80, 184
    self-assurance and, 169, 171
    self-criticism and, 186
    self-esteem and, 160
    sex differences and, 173–74, 178,
    182–83
    sexuality and, 148–49, 182–85
    shame and, 148–49, 177–78
    socialization and, 165–67, 172–74,
    177–80, 182–83
    weight and, 82, 170–71
    wrinkles, 162
    youth cult and, 160, 165–67, 193
Anorexia, 79
Anthony, Susan B., 115
Anxiety. See also Fear
    aging and, 160–62
Anxiety (cont.)
dieting and, 88
relaxation and, 97
Appearance
blaming, 20
body image and, 162, 217
parental overinvestment in, 50
self-esteem and, 20–22, 44, 80, 99
sexuality and, 73, 139, 141
single body parts and, 11
Appreciation of pleasure, 4
Aristotle, 54
Athletes, female, 111, 124
Attention to physical needs, 4
Attractiveness. See Beauty
Automatic irrational thoughts, 39–45
dieter’s mentality and, 94
exercises involving, 41
self-consciousness and, 42
sexual shame and, 152–53
Avoidance, resistance and, 13, 95, 156

B
Babies
socialization and, 52
touch and, 135
Barbie dolls, 53
Baseline data, gathering, 35–37
Bathrooms, mirrors in, 37
Beauty (attractiveness)
aging and, 172
athleticism and, 124
definition of, 24–25, 223–24
exercising and, 124
facial expression and, 212
happiness and, 20, 29–30
intelligence vs., 54
mid-life, 166
mirrors and, 35
moral attributes of, 28, 217–18
of partner, 140
prime of, 167–68
self-ratings of, 10
as social issue, 3, 5, 24–25
Beauty contests, 84
Berger, Warren, 196
Bergman, Ingrid, 162
Binge eating, 78, 81, 88, 102–4
Blaming
cosmetics and, 200
others, 73
resistance and, 13
weight and, 83
yourself, 20, 73
Blind weighing, 102
Body. See also Nude body
awareness of, 146–47
becoming your, 147
disowning, 20
as evil, 54
exploration of, 147
historical view of, 54
as instrument, 53, 112–16, 127, 128,
130, 134–37, 221–22
as ornament, 112–16, 127, 128,
134–39, 145, 157, 221–22
Body image, 14–15
adolescent, 55–57
aging and, 162, 168–72, 174–77
ancient myths and, 54
appearance and, 162, 217
cosmetics and, 197
cosmetic surgery and, 209
definition of, 8
exercising and, 110–11
letting go of younger, 160–63, 187
life changes and, 19, 222
mental aspect of, 2, 8, 19, 37–45
relationships and, 216
self-esteem and, 20–22, 80, 106,
169–71, 217–18
sex differences and, 7, 25
sexuality and, 138–41, 144–45
social dimension of, 127
socialization and, 8–9, 220
subjective reality of, 21–22
weight and, 170–71
Body loathing, 3–4
media and, 216–17
Bodylove Survey, 7–8, 225–31
Body parts, individual, 10–11, 19. See
also Cosmetic surgery; and specific
parts
adolescence and, 62
exercises involving, 71
INDEX • 247

making over, 27
objectification and, 27
self-praise and, 66–67
Bombeck, Erma, 18, 72
Boyfriends, 61
Brain, Robert, 141
Breasts, 148, 191–93, 212
cosmetic surgery and, 208–9
Bulimia, 79, 103
Buscaglia, Leo, 156

C
Camus, Albert, 161
Cash, Thomas, 197, 209
Change. See also Resistance
delaying, 13
guidelines for, 220–21
Checking up, in mirror, 35
Cheerleading, 112–13
Children (childhood). See also Parents;
Socialization
cosmetics and, 53
exercises involving, 57–61
fear of fat in, 3
looksism in, 52–53
men in, 61
mirrors and, 34
mother and, 59–61
photographs from, 48–49
physical activity and, 60, 126
sexuality and, 136–37
“shoulds” in, 59–61, 73, 218
special people in, 61
tomboys, 112, 113
touch and, 135
Child rearing, 167
Chlamydia, 153
Chronic dieting, 80–81
binging and, 104
compulsive exercising and, 125
hunger and, 103–5
natural signals and, 104, 105
side effects of, 88
Clothing, 4, 18–19, 25, 74, 219
aging and, 163
comfort of, 26, 114, 115, 221
exercising and, 113–16
job and, 114–15
shopping for, 23–24, 34
Cognitive errors, 38–45
automatic irrational thoughts and,
39–45
emotional reasoning, 39–41, 43
exaggerating, 39–41
exercises involving, 41–44
extreme thinking, 38, 43
jumping to conclusions, 39–41, 43
personalizing, 39–41, 43
rejecting positives, 38
self-consciousness and, 42–44
thinking in “shoulds,” 39, 43
Cognitive processes. See Thoughts
Collins, Joan, 166
Comfort
of clothing, 26, 114, 115, 221
cosmetics and, 192
Compassionate ideal, creating, 70–71, 74
Competition
exercising and, 117–18
with other women, 20, 23–24, 84,
166, 190–91, 223
Complexion, 50, 54, 55, 60, 61
Compliments
eliciting, 68–69
giving, 68–69
handling, 67–68
negative effects of, 51, 69
rejecting, 38, 68
self, 66–67
Compulsive dieting, 88
Compulsive eating, 104. See also
Binging
Compulsive exercising, 20, 22, 124–26
Conformity, 34, 64, 191
Confronting parental values, 64–65
Cosmetics, 3, 54, 63–64, 190–207. See
also Grooming
adolescence and, 61, 198–99
ads for, 32
aging and, 165–66, 185, 193
amount applied, 195–96
blame and, 200
body image and, 197
childhood and, 53
Cosmetics (cont.)
conformity and, 191
cost of, 202
creative use of, 205–6
exercises involving, 203–7
femininity and, 197
guilt and, 200
health and, 199–202
historical view of, 199–200
looksism and, 195–96
media and, 199–200
reasons for using, 191–92
self-esteem and, 197
sexuality and, 139, 141, 206
socialization and, 191–97, 212, 213
time spent with, 202
toy, 53
Cosmetic surgery, 3, 24, 25, 191, 192–93, 207–13, 220. See also specific procedures
aging and, 164
body image and, 209
considering, 210–11
health and, 207–8
looksism and, 210–11
sexuality and, 209
success of, 209–10
Counterarguments, 31–32, 41, 42, 44, 45, 220
Criticicism
parental, 73
praise vs., 50–51
self, 34, 65–67, 186, 220
Cultural values, 49, 73–74, 78. See also Socialization

D
Dancing, 127
aerobic, 127–28
ice, 128
mirror, 128
nude, 143
sexuality and, 138
Darwin, Charles, 54, 139
Davis, Bette, 160
Deception, age, 177–78
Delaying change, 13

Denial, 13
Depression, 20, 88
bulimia and, 103
Desensitization exercise, 97
Diet books, 86
Dieter’s mentality, 80–82, 220–21
media and, 84
myths and, 86–88
other problems and, 95
replacing, 106–7
self-esteem and, 83
setpoint weight and, 93–96
shame and, 80, 81
socialization and, 86–88
Dieting, 3, 78
chronic. See Chronic dieting compulsive, 88
de-emphasizing, 100
eating disorders, 20, 61, 81, 83, 34, 88–89, 102–3, 222
fasting, 81
health hazards of, 79, 87, 88, 104, 105
liquid protein formulas, 81
menstruation and, 81
nourishment and, 106
psychological issues and, 87
quitting smoking and, 81
setpoint weight and, 89–92, 103–5
weight-watching groups and, 81
Diet pills, 81
Disowning the body, 20
Diuretics, weight control and, 81
Donahue, Phil, 2, 7
Duncan, Isadora, 121

E
Eating
emotions and, 81, 84
food intake, 86
guilt and, 103, 104, 106
Eating disorders, 20, 83, 102–3
in adolescence, 61
anorexia, 79
binging, 79, 81, 88, 102–4
bulimia, 79, 103
definition of, 88
media and, 84
support groups for, 222
symptoms of, 81, 88–89, 103
Ego, 137
Elderly. See Aging
Emery, Stewart, 134
Emotional disorders, 80–81
Emotional reasoning, 39–41, 43
Emotions. See also Feelings
binging and, 103
eating and, 81, 84
exercise involving, 129
exercising and, 111, 128–29
Endorphins, 111
Erogenous zones, 148
Estrogen, weight and, 98–99
Eve, 54
Evil, female body and, 54
Exaggerating, 39–41
Exercises (exercising), 6, 110–31
adolescence and, 59, 61–63, 64
age labels and, 163–64
aging and, 121, 175–77, 180–82
automatic irrational thoughts and, 41
baseline data and, 35–37
beauty and, 124
benefits of, 110–11, 116–17
binging, 103–4
body image and, 110–11
body parts and, 71
childhood and, 57–61
children and, 60, 126
clothing and, 113–16
cognitive errors and, 41–44
competition and, 117–18
compulsive, 20, 22, 124–26
cosmetics and, 203–7
counterarguments and, 31–32
creating a compassionate ideal, 70–71
desensitizing, 97
doing it your way, 120–21
for emotional release, 129
emotions and, 111, 128–29
exercise manuals, 130
fitness and, 116, 117, 121, 124
for fitness addiction, 126
fulfillment and, 117, 123, 128
fun and, 117, 123, 126, 128
getting started, 121–23
goal-oriented, 118
guidelines for, 220–21
injury and, 181
looksism and, 30–32
mastectomy and, 121
metabolism and, 107
mirror use, 35–37, 72
misuse of, 117–18, 125
mood and, 111
music and, 127, 130
nude body and, 69–71
overexercising, 124–26
play and, 117, 118
power and, 113
pregnancy and, 121
reframing cognitions, 67
relaxation, 6, 97–98
resistance to, 13–14, 118–19
scaling and, 70, 71
self-criticism and, 65–67
self-nurturance and, 117
for sensate focus, 146–48
setpoint weight and, 95–96
sex differences and, 112
sexuality and, 131, 142–44, 146–48, 152–53
as social activity, 126–28, 130
socialization and, 112, 113
time for, 119–20
triple-column technique, 41–44
types of, 120, 122
visualization, 6, 57–63
warm up and cool down, 123
weight and, 79, 88, 89, 92, 95, 98–99, 101–2, 107, 117
while watching TV, 120
Extreme thinking, 38, 43

F
Face, 19. See also specific features
Face-lifts, 207–8
Facial expression, 212
Fashion models, 33, 79
Fasting, 81
Goals, 11–12
Goodman, Ellen, 114, 115, 166
Grooming, by another, 154–55, 207
Guided imagery, 58
Guilt, 4
cosmetics and, 200
eating and, 103, 104, 106
fitness addiction and, 124
Guisewite, Cathy, 216

H

Hair, 48–49
cutting, 39–40, 57, 63, 74–75
fathers and, 52, 57, 74–75
graying, 63–64, 74, 193
Happiness, beauty and, 20, 29–30
Harlow, Harry, 135
Health. See also Fitness
cosmetics and, 199–202
cosmetic surgery and, 207–8
dieting and, 79, 87, 88, 104, 105
femininity and, 194
overexercising and, 124–26
weight and, 90
Health clubs, 121
Heavy women, 99–100
Hiking, 127
Hips, 11, 82, 84
Hunger, dieting and, 103–6
Husbands. See also Fathers; Partners
aging and, 172
cosmetics and, 196, 198
Hutchinson, Marcia, 130

I

Ice dancing, 128
Id, 136, 151
Ideal. See also Role model
creating compassionate, 70–71, 74
Inferiority of women, 54
Injury, athletic, 181
Insecurity, cosmetics and, 192
Instrument, body as, 53, 112–26, 127,
128, 130, 134–37, 221–22
Intelligence, beauty vs., 54
Intestinal bypass surgery, 79

G

Genetic factors, weight and, 87, 89,
92, 98–99
Genitals, 27, 54, 148
Girl watching, 27
Intimacy, 134–37, 139
Irritability, 88

J
Job, 19, 85–86
clothing and, 114–15
femininity and, 25, 26, 28, 29, 44, 194–95
Johnson, Virginia, 145–46
Jumping rope, 120
Jumping to conclusions, 39–41, 43

K
Kano, Susan, 88, 112
Kelly, Grace, 174
Kinsey, Alfred, 80

L
Laxatives, weight control and, 81
Lee, Gypsy Rose, 160
Lethargy, 88
Life changes, 19. See also Adolescence
body image and, 222
menopause, 183–84, 222
pregnancy, 121
Liquid protein formulas, 81
Lookism, 28–33, 44–45, 48, 73, 100, 164, 217–18, 222
aging and, 160, 172–74
challenging, in yourself, 30–31
in childhood, 52–53
cosmetics and, 195–96
cosmetic surgery and, 210–11
discussing and recognizing, 32–33
exercise involving, 30–32
job and, 85–86
media and, 32–33
sexuality and, 139
weight and, 79, 84
Love, 135

M
Making over, 27, 35. See also
Cosmetics; Cosmetic surgery

Making Peace with Food (Kano), 88
Masochism, 201–2, 204
Massage, 134, 155
Mastectomy, 121, 204, 222–23
Masters, William, 145–46
Masturbation, 148, 183
Media, 5, 190–91
adolescence and, 55
body loathing and, 216–17
cosmetics and, 199–200
dieter’s mentality and, 84
eating disorders and, 84
fashion models, 33, 79
fitness and, 124
lookism and, 32–33
self-identity and, 55
socialization and, 55
television, 53
weight and, 79, 84, 95
Melamed, Elissa, 171, 174
Men, 61. See also Fathers; Husbands; Partners; Sex differences
Menopause, 183–84, 222
Menstruation, 55, 222
dieting and, 81
overexercising and, 125
shame and, 148–49
Metabolism, exercising and, 107
Midler, Bette, 211
Mind, sexuality and, 138
Minorities. See Race
Mirror, Mirror (Melamed), 171
Mirror affirmations, 72
Mirror distress level, 70, 71
Mirrors, 6, 18, 19, 23–25, 33–37
attractive women and, 35
checking up and, 35
childhood and, 34
conformity and, 34
dancing and, 128
as danger zone, 34–35, 45
exercises involving, 35–37, 69–72
fitting room, 34
making over and, 35
nude body in, 69–71
objectification and, 35
in restrooms, 37
Mirrors (cont.)
  scale compared to, 33
  self-consciousness and, 34, 35
  self-criticism and, 34
  self-praise and, 70–72
  self-reflection and, 35
Miss America Pageant, 217
Models, fashion, 33, 79
Mood, exercising and, 111
Moral attributes of beauty, 28
Moral connotations
  of beauty, 28, 217–18
  of weight, 86, 87
Morgan, Mirabel, 172
Mother, 49
  adolescence and, 62, 63
  daughter as extension of, 56
  exercise involving, 58–62
  as role model, 51, 56, 58, 73, 84
  separating form, 56
  touch and, 135
Mouthing, 142–43
Movement, weight and, 79
Music, exercise and, 127, 130
Myths
  aging and, 182
  body image and, 54
  sexuality and, 182

N
Narcissism, 33–37
  healthy, 221–22
National Association to Aid Fat Americans, 99
Necessary Losses (Viorst), 160–61
Normality, for women, 26, 27
Nose, 19
Nourishment, 105, 106
Nude body, 69–71, 143
  dancing and, 143
  exercise involving, 69–71
  feelings about, 69–71

O
Objectification, 26–28, 50, 60, 73, 112–16, 137–38

body parts and, 27
mirrors and, 35
rebellion against, 55–56
self-consciousness and, 44
self-esteem and, 27
sex differences and, 53
Objectification of women, 26–28
O’Connor, Sandra Day, 195–96
O’Keefe, Georgia, 182, 184
Old age. See Aging
Ornament, body as, 157
Overexercising, 124–26, 219
menstruation and, 125
Overprotection, by parents, 60

P
Pandora, 54
Parental values
  adulthood and, 63–64
  measuring up to, 69
Parent(s). See also Fathers; Mothers
  becoming your own, 48, 72–74
  confronting, 64–65
  criticism by, 73
  overinvestment in child’s appearance, 50
  overprotection and, 60
  praise from, 49–51, 60, 73
  rebelling against, 55–57, 63–64, 74–75
  sexual abuse and, 56
  sexual shame and, 150–51
  weight consciousness and, 51
Partner. See also Husbands
  physical attractiveness of, 140
  weight and, 95
Penis envy, 54
Perfectionism, 12, 14, 218
Personalizing, 39–41, 43
Photographs, from childhood, 48–49
Plastic surgery. See Cosmetic surgery
Play
  exercising and, 117, 118
  sexuality and, 143–44
Pleasing others, 48, 74
  cosmetics and, 192
  socialization and, 51
INDEX • 253

Praise. See also Compliments
  criticism vs., 50–51
  parental, 49–51, 60, 73
  self-consciousness and, 50, 51, 69
  self, 64–67, 70–72, 74, 220
Pregnancy, 121, 222
Pride, cosmetics and, 192
Procrastination, 94–95, 156

R
Racism, 28, 156
Rape shame, 150
Rationalization, resistance and, 13
Reasoning, emotional, 39–41, 43
Rebellion
  in adolescence, 55–57, 74–75
  in adulthood, 63–64
Reframing cognitions, 67
Reinforcements
  self-praise and, 66, 74
  sensory, 141–42
  sexuality and, 141–42
  weight and, 95
Rejecting positives, 38
Relaxation, 97
  exercise for, 97–98
  sexuality and, 143
Resistance, 12–14, 72–73, 94
  avoidance and, 95
  counterarguments and, 119
  to exercising, 118–19
  exercises involving, 13–14
  procrastination and, 94–95
  rationalization and, 94
  setpoint weight and, 93–96
  sexuality and, 155–56
  styles of, 94–95
Responsibility, taking, 20, 73
Restrooms, mirrors in, 37
Rivera, Gerald, 208
Rocking, 142
Role model(s)
  aging and, 166, 179–80, 184
  fashion models as, 33
  middle-aged, 166
  mother as, 51, 56, 58, 73, 84
  new, 65
Rollin, Betty, 193
Roosevelt, Eleanor, 3, 216
Rossner, Judith, 4–5
Roth, Geneen, 166
Running, 120, 123

S
Scale, weight, 100–1
  destroying, 102
  exercise involving, 101–2
  mirror compared to, 33
Scaling, 70, 71
Scheiner, Ann, 207–8
Self-assurance, aging and, 169, 171
Self-consciousness, 7–9, 18, 22–24
  during adolescence, 55
  exercises involving, 42–44
  mirrors and, 34, 35
  objectification and, 44
  praise and, 50, 51, 69
Self-criticism, 220
  aging and, 186
  mirrors and, 34
  reducing, 65–67
  reframing cognitions and, 67
Self-esteem, 10, 65
  aging and, 160
  appearance and, 20–22, 44, 80, 99
  body image and, 20–22, 80, 106,
    169–71, 217–18
  cosmetics and, 197
  dieter’s mentality and, 83
  self-objectification and, 27
  weight and, 79
Self-identity, 48, 49
  adolescence and, 74
  media and, 55
Self-nurturance, 105, 117
Self-pity, 20
Self-praise, 64–67, 220
  body parts and, 66–67
  exercise to increase, 65–67
  mirrors and, 70–72
  reinforcement and, 66, 74
Self-reflection, 35
Self-touch, 145–48, 183. See also
  Masturbation
Sensate focus, 145–49
Sensory reinforcements, 141–42
Setpoint weight, 89–94, 106
determining, 91–93
dieter’s mentality and, 93–96
dieting and, 89–92, 103–5
exercises involving, 95, 98–99
resistance and, 93–96
Sex differences, 195–96
adolescence and, 55
aging and, 173–74, 178, 182–83
body image and, 7, 25
exercising and, 112
objectification and, 53
shame and, 54
socialization and, 52–53, 112, 173–74
weight and, 25, 82–83
Sexism, 173–74. See also Objectification
Sexual abuse, 56, 64, 149–50
Sexual intercourse, 80, 146, 183
Sexuality (sensuality), 64, 80, 134–57, 220
aging and, 182–85
appearance and, 73, 139, 141
body image and, 138–41, 144–45
cosmetics and, 139, 141, 206
cosmetic surgery and, 209
dance and, 138
definition of, 144
erogenous zones, 148
exercises involving, 131, 142–44, 146–48, 152–53
fathers and, 56–57
fear of, 141
Freud and, 136–37, 151
genitals, 27, 54, 148
intimacy and, 134–37, 139
looksism and, 139
masturbation, 148, 183
menopause and, 183–84
mind and, 138
myths about, 182
objectification and, 137–38
other women and, 183
play and, 143–44
relaxation and, 143
resistance and, 155–56
sensate focus, 145–49
sensory reinforcements and, 141–42
sensual needs and, 157
sexual abuse and, 149–50
smells and, 141, 143–44
socialization and, 137–38
touch and, 134–37, 157
weight and, 79
Sexually transmitted diseases, 153
Sexual shame, 134–37, 148–54
abortion and, 154
age and, 156
exercise involving, 152–53
parents and, 150–51
puberty and, 148–49
reducing, 151–54
sexual abuse and, 149–50
sharing secrets and, 153–54
support groups for, 154
touch and, 149–50
Shame, 4, 74
age and, 177–78
cosmetics and, 192
dieter’s mentality and, 80, 81
fitness addiction and, 124
guilt vs., 54, 55
menstrual, 148, 149
sex differences and, 54
sexual. See Sexual shame
socialization and, 54
weight and, 107
Shoes, 114–15, 221
Shore, Dinah, 118
“shoulds”
childhood, 59–61, 73, 218
thinking in, 39, 43
Shulman, Alix Kates, 48
Skin, 60. See also Complexion
color of, 54, 55, 156
face lifts, 207–8
wrinkles, 162
Smells, sexuality and, 141, 143–44
Smoking, weight and, 81
Socialization, 3, 26–28, 48, 73–74, 107, 216–19. See also Looksism; Media;
Objectification; Sex differences;
Stereotypes
babies and, 52
beauty and, 24–25
body image and, 220
conformity and, 191
cosmetics and, 191–97, 212, 213
dieter’s mentality and, 86–88
exercises and, 57–62, 112, 113
fathers and, 52
fatism and, 86–88
moral attributes of attractiveness and, 28, 86, 87, 217–18
parental praise and, 49–51
pleasing others and, 51
racism, 54, 55
sexuality and, 136–38
shame and, 54
television and, 53
Toys and, 53, 112
weight and, 82–84, 90, 93
Socializing
exercising and, 126–28, 130
grooming and, 154–55
Sontag, Susan, 165, 178
Stanton, Elizabeth Cady, 124
Stationary cosmetics, 120
Status, cosmetics and, 192
Stereotypes, 19, 28–33, 44–45, 48, 49, 73, 100, 107, 139, 164, 194, 195.
See also Ageism; Fatism; Looksism; Media; Socialization
Stern, Vicki, 110, 115, 120–21, 134
Stomach, 82
Streisand, Barbra, 211
Strength, 116
Stretching, 120
Superego, 136–37, 151
Support groups, 222
for eating disorders, 222
for heavy women, 100
for sexual shame, 154
Sweets, 88
Swimming, 127

Tennis, 127, 128
Thighs, 11, 82
Thinness, obsession with, 81, 83–84, 107
Thoughts (thinking)
automatic irrational, 39–45
body image and, 37–45
cognitive errors and, 38–45
extreme, 38, 43
feelings and, 37–45
in "shoulds," 39, 43
Time
cosmetics and, 202
for exercising, 119–20
Tomboys, 112, 113
Tomlin, Lily, 141
Touch, 134–37
grooming and, 154–55
massage, 155
mother-infant, 135
self, 145–48
sexuality and, 149–50, 157
Touch awareness, 146
Toys, 53, 112
Transforming Body Image (Hutchinson), 130
Triple-column technique, 41–44

V
Victim mentality, 20
Viorst, Judith, 160–61, 163
Visualization, 6, 57–63
Vomiting, weight control and, 81

W
Walking, 120, 123, 127
Weight, 19, 78–107. See also Dieting;
Weight consciousness
adolescence and, 83–84
aging and, 82, 89, 92, 96, 170–71
blame and, 83
body image and, 170–71
control of, 81, 83, 86, 87, 89–94, 220
cultural values and, 78
d-e-emphasizing, 100, 106
Weight (cont.)
estrogen and, 98–99
exercises and, 79, 88, 89, 92, 95, 98–99, 107, 117
fitness and, 121
food intake and, 86
genetic factors in, 87, 89, 92, 98–99
health and, 90
looksism and, 79, 84
media and, 84, 95
moral connotations to, 86, 87
partners and, 95
reinforcement and, 95
self-esteem and, 79
setpoint, 89–94, 106
sex differences and, 25, 82–83
sexuality and, 79
shame and, 107
socialization and, 82–84, 90, 93
weighing yourself, 6, 100–1
weight history, 91–93
Weight consciousness, 22, 24, 25, 27, 78
as emotional disorder, 80–81
fashion models and, 79
media and, 79
parents and, 51
Weight-watching groups, 81
Welch, Raquel, 166
Women. See also Mother; specific topics
competing with other, 20, 23–24, 84, 166, 190–91, 223
expectations of, 26
inferiority of, 54
mental health of, 26, 27
objectification of, 26–28
Women at Large, 121
Work. See Job
Wrinkles, 162

Y
Yoga, 120
Youth cult, 160, 165–67, 193

Z
Zucci, Virginia, 121