



# The Obsession: Reflections on the Tyranny of Slenderness

*Kim Chernin*

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*The Obsession* is a deeply committed and beautifully written analysis of our society's increasing demand that women be thin. It offers a careful, thought provoking discussion of the reasons men have encouraged this obsession and women have embraced it. It is a book about women's efforts to become thin rather than to accept the natural dimensions of their bodies--a book about the meaning of food and its rejection.



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