



The Body Project: An Intimate History of American Girls

By Joan Jacobs Brumberg

[Download now](#)

[Read Online](#) 

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg

A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why?

In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since they shed the corset and the ideal of virginity for a new world of sexual freedom and consumerism—a world in which the body is their primary project.

 [Download The Body Project: An Intimate History of American ...pdf](#)

 [Read Online The Body Project: An Intimate History of America ...pdf](#)

The Body Project: An Intimate History of American Girls

By Joan Jacobs Brumberg

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg

A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why?

In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since they shed the corset and the ideal of virginity for a new world of sexual freedom and consumerism—a world in which the body is their primary project.

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg Bibliography

- Sales Rank: #132882 in Books
- Brand: Vintage
- Published on: 1998-09-01
- Released on: 1998-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .70" w x 5.30" l, .70 pounds
- Binding: Paperback
- 336 pages



[Download The Body Project: An Intimate History of American ...pdf](#)



[Read Online The Body Project: An Intimate History of America ...pdf](#)

Download and Read Free Online **The Body Project: An Intimate History of American Girls** By Joan Jacobs Brumberg

Editorial Review

Amazon.com Review

Adolescent girls today face the issues girls have always faced: "Who am I?" and "Who do I want to be?" Unfortunately their answers, now more than ever before, revolve around the body rather than the mind, heart, or soul. "The body is at the heart of the crisis that [Carol] Gilligan, [Mary] Pipher, and others describe.... The fact that American girls now make the body their central project is not an accident or a curiosity," writes Brumberg, "it is a symptom of historical changes that are only now beginning to be understood." The historical photos, thorough research, and political even-handedness make this a book of worth and sincerity. *The Body Project* is also comforting for women, adolescents, parents, lesbians, and male lovers of women--helping us sort out the roots of female insecurities, obsessions, and angst.

From School Library Journal

YA?From the most private method of sanitary protection to the most intimate place to pierce one's body, this history of feminine hygiene and fashion records young women's obsession with looks and how society has channeled and manipulated them to reflect the values of the times. From diaries, journal articles, advertising, and doctor's records, the author has amassed information about mainly middle-class American girls of the 19th and 20th century that shows how they have been raised first by overprotective, repressive adults to play a submissive role in society and, more recently, to be consumers in an ever-widening marketplace. From skin cream to dieting to figure-altering garments and body piercing, physical enhancements in the last 200 years are reported. Beginning with an account of Abigail Adams's concern about the early maturation of her 11-year-old granddaughter in 1806 and progressing to descriptions of today's independent young women grappling with numerous options of dress and sexual conduct, a thought-provoking social history is revealed. The author begins and ends her treatise with a passionate argument for advocacy for today's girls who are preyed upon by the media and allowed dangerous sexual options without emotional maturity and are lacking the protective umbrella of moral guidelines and supervision provided by earlier generations. Young women will enjoy the numerous photos and will have a giggle about the corsets and belts of earlier times. A fine choice for mother-daughter book groups.?Jackie Gropman, Kings Park Library, Burke, VA

Copyright 1998 Reed Business Information, Inc.

From Library Journal

Brumberg (women's studies, Cornell; *Fasting Girls*, LJ 3/1/89) notes in her present study that while girls today reach menarche at about age 12, several years earlier than a century ago, they do not mature emotionally or intellectually at the same early age. They are also extremely vulnerable to social and economic pressures to define themselves in terms of their bodies and to become sexually active, often with disastrous consequences. To counter such pressures, Brumberg calls for more societal support and nurturing of girls. This work complements such studies as Lyn Brown and Carol Gilligan's *Meeting at the Crossroads: Women's Psychology and Girl's Development* (Harvard Univ., 1992), Mary Pipher's *Reviving Ophelia: Saving the Selves of Adolescent Girls* (LJ 4/1/94), and Peggy Orenstein's *School Girls* (LJ 8/94). Appropriate for public, academic, and women's studies collections.?Patricia A. Beaber, Coll. of New Jersey Lib., Trenton

Copyright 1997 Reed Business Information, Inc.

Users Review

From reader reviews:

Charles Duda:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the particular Mall. How about open as well as read a book entitled The Body Project: An Intimate History of American Girls? Maybe it is for being best activity for you. You know beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have additional opinion?

Edward Thompson:

Here thing why this kind of The Body Project: An Intimate History of American Girls are different and reliable to be yours. First of all studying a book is good but it really depends in the content of computer which is the content is as scrumptious as food or not. The Body Project: An Intimate History of American Girls giving you information deeper including different ways, you can find any e-book out there but there is no book that similar with The Body Project: An Intimate History of American Girls. It gives you thrill reading journey, its open up your own personal eyes about the thing that will happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in park, café, or even in your technique home by train. For anyone who is having difficulties in bringing the paper book maybe the form of The Body Project: An Intimate History of American Girls in e-book can be your alternate.

Shellie Toy:

Your reading 6th sense will not betray you actually, why because this The Body Project: An Intimate History of American Girls e-book written by well-known writer who really knows well how to make book which might be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and producing skill only for eliminate your own hunger then you still uncertainty The Body Project: An Intimate History of American Girls as good book not simply by the cover but also through the content. This is one e-book that can break don't determine book by its protect, so do you still needing an additional sixth sense to pick this!? Oh come on your reading sixth sense already told you so why you have to listening to a different sixth sense.

Myrtle Hamer:

As a scholar exactly feel bored to reading. If their teacher questioned them to go to the library in order to make summary for some publication, they are complained. Just little students that has reading's heart and soul or real their passion. They just do what the trainer want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that reading is not important, boring as well as can't see colorful pics on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this The Body Project: An Intimate History of American Girls can make you sense more interested to read.

Download and Read Online The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg #TB8CXYR7OV4

Read The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg for online ebook

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg books to read online.

Online The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg ebook PDF download

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg Doc

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg MobiPocket

The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg EPub

TB8CXYR7OV4: The Body Project: An Intimate History of American Girls By Joan Jacobs Brumberg