Body Image and Eating Disorders

One of the paradoxes of our current era is that only 10 percent of obese or overweight people are actually dieting, whereas nearly 20 percent of the remaining population are trying to lose weight, even if they do not need to. This volume looks into our contemporary relationship with food by inserting current body image and eating disorders, like orthorexia and bigorexia, into a broader historical overview. Fabio Gabrielli and Floriana Irtelli combine their knowledge of psychoanalysis and anthropology with scientific research and clinical experience to create this truly interdisciplinary work. Their study uses psychoanalytical theories about our “hypermodern” times to trace the impact that mass media has on individuals, families, and societies. It explores various “food tribes” and exposes the contradictions of today’s mass media that advertise fitness and dieting alongside increasingly tasty and accessible foods. The work helps us understand our highly social relationship with our bodies and what we eat.

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Body Image and Eating Disorders

An Anthropological and Psychological Overview

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