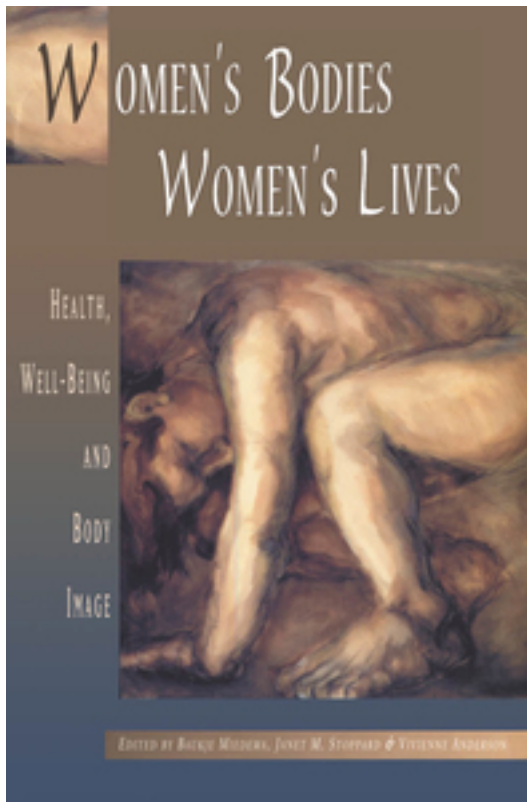


# Women's Bodies, Women's Lives

## Health, Well-Being and Body Image



This collection deepens our understandings of the ways women are controlled through their bodies. Despite the many inroads made over the past decades, femininity and womanhood continue to be constructed through cultural, political and social ideals. *Women's Bodies/Women's Lives* is an excellent resource for a powerful movement that can challenge and resist the dominant ideas in society influencing women's sense of self.

### Author Information

**Baukje Miedema**  
Professor Baukje Miedema is Research Director at the Dalhousie University Family Medicine Teaching Unit.

**Janet Stoppard**  
Janet Stoppard is a Professor of Psychology at the University of New Brunswick where she teaches issues of women's mental health.

**Vivienne Anderson**  
The late Vivienne Anderson was an arts critic and prize-winning literary author.

### Reviews

"*Women's Bodies/Women's Lives* will transform every woman and man who reads this unique and deeply moving collection of women's penetratingly honest, uncensored words. The contributors write about what it's like to eat and breathe and move in a woman's body; what it's like to be mocked, excluded and deprived of rights because of having an 'imperfect' body or refusing to move it or use it according to other people's rules."— Paula J. Caplan, PhD, author of *Don't Blame Mother: The Myth of Women's Masochism* and *They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal*

### Table of Contents

Introduction - Baukje Miedema, Janet M. Stoppard and Vivienne Anderson

#### \*\*Part I: Altered Bodies\*\*

Chapter One: A Will of Its Own: Experiencing the Body in Severe Chronic Illness - Vivienne Anderson

Chapter Two: Altered Bodies/Altered Selves: Exploring Women's Accounts of Illness Experiences - Roanne Thomas-MacLean

Chapter Three: Breath and Body Wisdom: Experiencing the Personal Power of Self - Barbara Lynn Cull-Wilby

Chapter Four: Understanding Depression from the Standpoint of Women Who Have Been Depressed - Janet M. Stoppard, Yvette Scattolon and Deanna J. Gammell

Chapter Five: Asylum or Cure? Women's Experiences of Psychiatric Hospitalization - Baukje Miedema and Janet M. Stoppard

Chapter Six: "Old Bags" Under the Knife: Facial Cosmetic Surgery among Women - Diane Capanec and Barbara Payne

Chapter Seven: Polluted Bodies: Inuit Identity and the Arctic Food Chain - Chris Egan

Chapter Eight: Witness: Testament of a Journey - Addena Sumter-Freitag

#### \*\*Part II: Objectified Bodies\*\*

Chapter Nine: Revisioning the Body/Mind from an Eastern Perspective: Comments on Experience, Embodiment and Pedagogy - Roxana Ng

Chapter Ten: Shattering the Mirror: A Young Woman's Story of Weight Preoccupation - Kate Rossiter

Chapter Eleven: One Mother and Daughter Approach to Resisting Weight Preoccupation - Gail Marchessault

Chapter Twelve: Women, Weight and Appearance Satisfaction: An Ageless Pursuit of Thinness - Michelle N. LaFrance, Marilyn T. Zivian and Anita M. Meyers

Chapter Thirteen: Contours of Everyday Life: Women's Reflections on Embodiment and Health Over Time - Pamela Wakewich

Chapter Fourteen: Negotiating Sexuality: Lesbians in the Canadian Military - Lynne Gouliquer

Chapter Fifteen: From Airbrushing to Liposuction: The Technological Reconstruction of the Female Body - Fabienne Darling-Wolf

Chapter Sixteen: From Razor Girls to Bionic Women: Extraordinary Cyborg Women in Popular Culture - Mia Consalvo

Glossary  
Contributors

### Subjects

Sociology of Gender and Sexuality  
Health and Wellness  
Gender, Sexuality, and Women's Studies  
Gender, Sexuality, and Women's Studies  
Sociology  
Sociology

320 pages

6.75 x 9.75 inches

September 2000

ISBN: 9781894549028

Available at:

To request a review copy:  
info@canadianscholars.ca  
416-929-2774