



The Religion of Thinness: Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight

Michelle M. Lehwica

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With so many women approaching their diets, body image, and pursuit of a slender figure with slavish devotion, *The Religion of Thinness* is a timely addition to the discussion of our cultural obsession with weight loss. At the heart of this obsession is the belief that in order to be happy, one must be slim, and the attendant myths, rituals, images, and moral codes can leave some women with severe emotional damage. Idealized images in the media inspire devotees of this “religion” to experience guilt for behaviors that are biologically normal and necessary, and Lelwica offers two ways to combat this dangerous cultural message. Advising readers to look hard at the societal cues that cause them to obsess about their weight, and to remain mindful about their actions and needs, this book will not only help stop the cycle of guilt and shame associated with food, it will help readers to grow and accept their bodies as they are.

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