



# Il corpo delle donne (Le polene) (Italian Edition)

*Anita Johnston*

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Sono molte le donne che lottano quotidianamente con il proprio peso. Il corpo diventa per loro un territorio estraneo, dominato dal desiderio di modellare il proprio aspetto secondo l'ideale maschile e l'incapacità di accettare se stesse, un campo di battaglia dove il cibo è il principale nemico. Per la psicologa Anita Johnston il disturbo alimentare non è altro che una strategia per evitare di confrontarsi con le paure e i sentimenti profondi: «Dovremmo chiederci di cosa realmente siamo affamate, quali sono i desideri negati o nascosti». Con l'aiuto di fiabe, leggende e storie tratte dalla cultura popolare, l'autrice ci conduce in un viaggio che è rivelatore, sorprendente, pieno di spunti di riflessione: dal rapporto madre-figlia alla scoperta della sessualità, dall'importanza dell'intelligenza intuitiva fino alla capacità di non temere il giudizio di coloro che amiamo o delle convenzioni sociali. Un libro che vale più di mille diete, perché va dritto al cuore della questione: per anni le donne sono state costrette ad assomigliare a un modello costruito da uomini, e di questo modello sono rimaste prigioniere rischiando di perdere la loro vera identità.

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