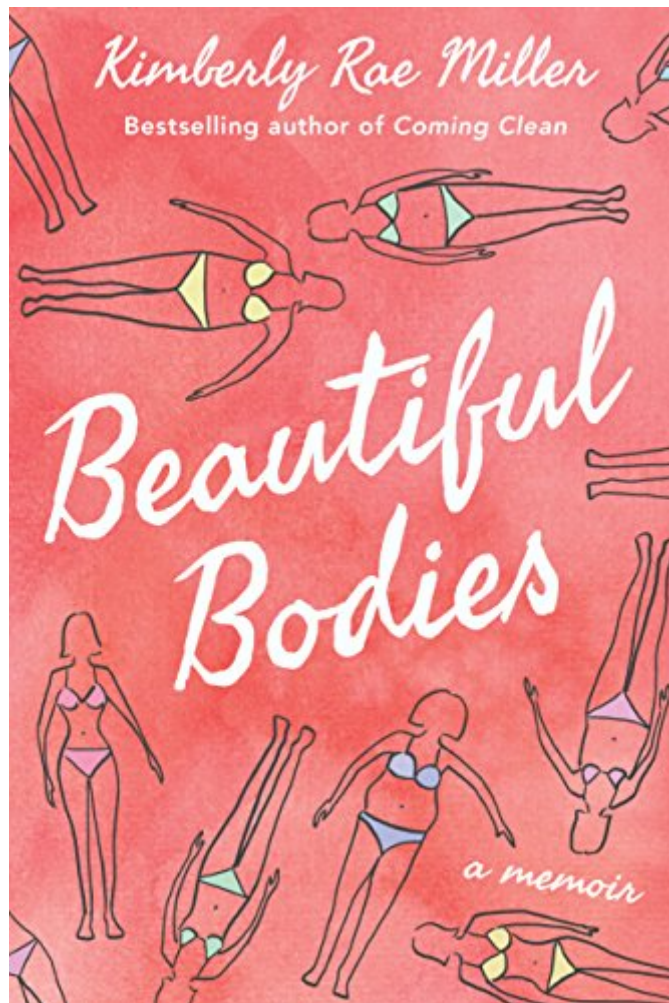


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# Beautiful Bodies



## Synopsis

From the bestselling and beloved author of *Coming Clean*, a brave and witty examination of how and why we try to control our bodies with food. Like most people, Kimberly Rae Miller does not have the perfect body, but that hasn't stopped her from trying. And trying. And trying some more. She's been at it since she was four years old, when *Sesame Street* inspired her to go on her first diet. Postcollege, after a brief stint as a diet-pill model, she became a health-and-fitness writer and editor working on celebrities' bestselling bios "sugarcoating the trials and tribulations celebs endure to stay thin. Needless to say, Kim has spent her life in pursuit of the ideal body. But what is the ideal body? Knowing she's far from alone in this struggle, Kim sets out to find the objective definition of this seemingly unattainable level of perfection. While on a fascinating and hilarious journey through time that takes her from obese Paleolithic cavewomen, to the bland menus that Drs. Graham and Kellogg prescribed to promote good morals in addition to good health, to the binge-drinking-prone regimen that caused William the Conqueror's body to explode at his own funeral, Kim ends up discovering a lot about her relationship with her own body. Warm, funny, and brutally honest, *Beautiful Bodies* is a blend of memoir and social history that will speak to anyone who's ever been caught in a power struggle with his or her own body—in other words, just about everyone.

## Book Information

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## Customer Reviews

I intended to read a few chapters of Beautiful Bodies and ending up reading the whole thing in one juicy sitting. The writing is incredibly warm, accessible, smart, and fun to devour. And I relate (don't we all relate?) to the constant struggle and war with our bodies Miller so astutely describes in these pages. It's fascinating and cathartic to put this quest for the impossible "perfect" body in cultural and historical context--which Miller does so well. But my favorite parts were the personal stories. I cannot recommend this book highly enough.

I really enjoyed her journey with her body and dieting . So many people feel the way she felt! I found it very interesting ! Was a great read! Highly recommend!

A Very good journey of the diet saga of so many.

I can't wait to read her new t one! Beautiful and wonderfully written. Than just sent again I'm for making me look at my body acceptance in a better way!

A brave woman who was more than willing to do the work to see what made the ideal body and what made them ideal. Kimberly Rae Miller was willing to delve into uncharted territory in order to get her answer as to why and what is the ideal body. After dealing with her own struggles loving her body since she was 4, she was more than willing to go for the gold when it came to the answers that she wanted. She knew as an average woman that dieting was normal, especially in today's society. While growing up she had many issues being able to love her body, unlike other girls she wasn't tall, and super skinny like so many girls are. She had trouble with diets and realized that they didn't all work. While writing about the fitness/diet world she was able to see why so many diets didn't work. Kimberly shared her struggles along side so many women that can relate, and goes through the earliest dietary regulations that are still held up to this day. She goes through research that was done years ago to prove why so many people have issues loving their bodies. With so many people who deal with eating disorders and have body dysmorphic disorder it is no wonder so many people don't love their bodies. Our bodies aren't always portrayed the best way especially in social media

and print media. It is always about being the skinniest and not always the healthiest. There are so many ways in which I can relate to Kimberly and how she felt about her body, her struggles with eating and nutrition. It is something many people go through and could learn from her and her approach with this memoir. As someone who has struggled with eating disorders and body dysmorphic disorders it is such a challenging issue to be able to handle. Because you have to eat to live, not always living to eat. And that within itself is the hardest battle that people deal with. Because food is legal it is so much more accessible than drugs. And no matter what you do you have to have it to survive. Knowing that there are so many other people that deal with the issues that I deal with on a daily basis is a comfort because I'm not alone. Someone else understands my thought process when I see a Starbucks drink and snack that I really want, but my brain is saying something completely different. With all of the body shaming that happens in the world today no wonder so many people don't like their bodies. It is hard to love your body when so many other people are saying you shouldn't. This memoir hit home on so many levels, and I can't give it enough praise! There are so many things to be said about this book, starting with everyone should read this. Whether you love your body or not. Maybe it would give better understanding to those that don't, and those that do!

Disclaimer: Thank you so much to NetGalley and Little A publishing for the early release copy. All opinions stated are my own and not influenced by the exchange.

Kimberly Rae Miller has done it again with another heartfelt, raw, very personal, and well written memoir. I read this book, like her previous book "Coming Clean", in less than 24 hours only stopping to walk the dog and sleep a bit. The writing flows so effortlessly, it feels like you are just having a conversation with a good friend. She touches on body image issues that affect most of us women and gives us some history about why we think and feel the ways we do about our bodies. I highly recommend this book to everyone, but especially to anyone who has ever dealt with body image issues, or anyone who has ever loved someone who was dealing with body image issues. A great read!

Kimberly Rae Miller has had a lifelong struggle with her weight. She's tried just about every diet and exercise program on the market with minimal results to even gaining weight on some of the programs. Despite writing different columns on healthy living for various websites and publications, she feels like a failure when it comes to achieving the ideal body. This book chronicles her journey into weight loss starting as a child into adulthood and also shows society's obsession with weight has been around for centuries. I normally do not seek out books about weight loss or healthy living

but because I received a free ebook from the publisher I decided to give this book a shot. I was pleasantly surprised to find out this book was so much more interesting than I first assumed. I loved learning the different examples on how dieting isn't a modern concept but has been around for centuries. The author does a really fine job mixing humor while giving a brutally honest look at herself and how she grew up. I never felt that she placed the blame on others but instead gave examples of what may have contributed, such as growing up in a house that was overtaken by her dad's hoarding. I really enjoyed her writing and am interested in checking out her previous book. Some people might criticize the author because in their eyes she might not be overweight enough and for some she might have what they believe already is an ideal body. I think this book shows that most of us struggle with how we look and just because others love us for who we are doesn't mean that we always love ourselves. I think if you only focus in on how you don't believe she is qualified to share her lifelong struggle with dieting, you are missing out on a really well-written book. I received a free copy of this ebook but was under no obligation to post a review. All views expressed are my honest opinions.

A great read! It made me think of the stiff standards we hold ourselves to in order to be thought of as pretty.

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