

# NEVER SATISFIED



## *A Cultural History of*

• **DIETS, FANTASIES & FAT.** •

*"This engaging, witty, sprawling, provocative book...  
tells us a great deal indeed about the cultural meanings  
both of fat and of the efforts to get rid of it."*

*—The American Historical Review*

**HILLEN SCHWARTZ**

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# Never Satisfied : A Cultural History of Diets, Fantasies & Fat

Hillel Schwartz

cook dinner publication

i stopped this book, maybe no longer ironically, at lunch this afternoon. i discovered it intriguing--particularly coming off my fresh perusal of "Diets that point Forgot," a BBC reality-television sequence that nine dieters as they historically-reenacted either period of time and nutrition fads of Victorian, Edwardian, and Roaring Twenties eras. It used to be fantastic--hence the need to learn this book. whereas I take into account that food plan earlier than industrialization used to be most likely Never Satisfied : A Cultural History of Diets, Fantasies & Fat non-existent as foodstuff and meals assets weren't as simply accessible. In different words, humans had much less solid staples, so food plan used to be most likely no longer an incredible concern. Coupled with a worldview of corpulence as opulence, this view of nutrition is in part owed to fashion, as well. on the related time, Never Satisfied : A Cultural History of Diets, Fantasies & Fat I will not deny that i used to be disenchanted that this ebook merely spanned approximately two hundred years of eating regimen history. at the least it starts with a nutrition that reared its head in Maine. convenience food, that.I was once so much intrigued via the feminist lens wherein Schwartz seen weight loss diet and its transparent courting to women's fashion. i used to be riveted by means of the tale of the Bloomer costume, The Water Cure, and of course, Dr. Mitchell's leisure medication (so ordinary to me from my years of training Charlotte Perkins Gilman's "The Yellow Wallpaper"). a lot of her lens, however, is important of diets of our earlier and it's transparent that she is additionally viewing the full topic via one other lens: that lens being an obese individual (which she pronounces a number of occasions within the book). on the related time, i discovered none of that distracting. In fact, her sort is engagin and, as i would hoped, made heritage fun!

## Never Satisfied A Cultural History Of Diets Fantasies Fat

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