



Fat History: Bodies and Beauty in the Modern West

Peter N. Stearns

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The modern struggle against fat cuts deeply and pervasively into American culture. Dieting, weight consciousness, and widespread hostility toward obesity form one of the fundamental themes of modern life.

Fat History explores the meaning of fat in contemporary Western society and illustrates how progressive changes, such as growth in consumer culture, increasing equality for women, and the refocusing of women's sexual and maternal roles have influenced today's obsession with fat.

Brought up-to-date with a new preface and filled with narrative anecdotes, **Fat History** explores fat's transformation from a symbol of health and well-being to a sign of moral, psychological, and physical disorder.



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