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Satisfying the Spiritual Hungers behind
Women's Obsession with Food and Weight

The
RELIGION *of*
THINNESS

BY MICHELLE M. DELWICA, PhD

The Religion Of Thinness

Benjamin Gregg



The Religion Of Thinness:

The Religion of Thinness Michelle Mary Lelwica, 2013-10-18 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 *The Religion of Thinness* Michelle Mary Lelwica, 2011-02-02 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 *Feminist Theology and Contemporary Dieting Culture* Hannah Bacon, 2019-08-08 Hannah Bacon draws on qualitative research conducted inside one UK secular commercial weight loss group to show how Christian religious forms and theological discourses inform contemporary weight loss narratives Bacon argues that notions of sin and salvation resurface in secular guise in ways that repeat well established theological meanings The slimming organization recycles the Christian terminology of sin spelt Syn and encourages members to frame weight loss in salvific terms These theological tropes lurk in the background helping to align food once more with guilt and moral weakness but they also mirror to an extent the way body policing techniques in Christianity have historically helped to cultivate self care The self breaking and self making aspects of women s Syn watching practices in the group continue certain features of historical Christianity serving in similar ways to conform women s bodies to patriarchal norms while providing opportunities for women s self development Taking into account these tensions Bacon asks what a specifically feminist theological response to weight loss might look like If ideas about sin and salvation service hegemonic discourses about fat while also empowering women to shape their own lives how might they be rethought to challenge fat phobia and the frenetic pursuit of thinness As well as naming as sin principles and practices which diminish women s appetites and bodies this book forwards a number of proposals about how salvation might

be performed in our everyday eating habits and through the cultivation of fat pride It takes seriously the conviction of many women in the group that food and the body can be important sites of power wisdom and transformation but channels this insight into the construction of theologies that resist rather than reproduce thin privilege and size ist norms *Pursuing Perfection* Maja Whitaker,2025-03-28 The pursuit of bodily perfection is a cultural impetus persistent throughout history which has become a dominating force in modern Western culture where the image you present to the world on social media counts for everything A new generation of theologians are wrestling with these issues in their everyday lives and their areas of scholarship There is they argue a real need for an interdisciplinary work that is academically robust and practically meaningful to our cultural moment Religion and Popular Culture in America, Third Edition Bruce David Forbes,Jeffrey H. Mahan,2017-03 Since 2000 Religion and Popular Culture in America has been one of the standard books used in teaching this area of study Modestly updated in 2005 it continues to be taught in colleges universities and theological schools across the continent The basic four part structure of Religion and Popular Culture in America remains sound and is a feature that appeals to many who have taught the volume Section One Religion in Popular Culture examines the way traditional religious symbols narratives and forms of religious practice appear in popular culture Section Two Popular Culture in Religion considers how religion takes on and is reshaped by styles and values of popular culture Section Three Popular Culture as Religion explores the ways that aspects of popular culture and their reception might be considered to be forms of religion Section Four Religion and Popular Culture in Dialogue introduces religiously based critiques of popular culture and ways that popular culture articulates common critiques of religion The third edition maintains the structure and basic length of the current edition and retains Forbes introductory framework and update versions of key essay But they replace many of the more dated subjects with new material drawing on more contemporary examples A concluding essay by Mahan organizes key insights from the essays and relates them to the theories of popular culture illuminated in the introduction Provided by publisher **Negotiating Thinness Online** Gemma Cobb,2020-01-24 This book interrogates the thin ideal in pro anorexia online spaces and the way in which it operates on a continuum with everyday discourses around thinness Since their inception in the late twentieth century pro anorexia online spaces have courted controversy they have been vilified by the media and deleted by Internet moderators This book explores the phenomenon during its tipping point where it migrated from websites and discussion forums to image centric social media platforms all the while seeking to circumvent censorship by for instance repudiating pro ana or adopting hashtags to obfuscate content The author argues that instead of being driven further underground pro ana is blurring the boundaries between normative and deviant conceptions of thinness Situating the phenomenon in relation to accepted constructions of thinness promulgated by establishments as far ranging as medicine and women s magazines this book asks if pro ana holds the potential to critique that which has long been considered normal the culture of compulsory thinness Engaging with debates including the current climate of postfeminism and neoliberalism

digital censorship the pre eminence of white middle class heterofemininity and the articulation of pain in realising the thin ideal Negotiating Thinness Online examines what happens when the margins and the mainstream merge

Secular Religions Tamás Nyirkos, 2024-08-06 Secular Religions The Key Concepts provides a concise guide to those ideologies worldviews and social political economic and cultural phenomena that are most often described as the modern counterparts of traditional religions Although there are many other terms in use quasi pseudo ersatz political civil etc it is secular religion that best expresses the problematic nature of all such descriptions which maintain that modern belief systems and practices are secular on the one hand and religious on the other Today the topic is as popular as ever and secular religions are discovered far and wide Hence a critical summary is urgently necessary The juxtaposed title is itself an expression of ironic distance The book emphasizes inherent tensions of relevant literature in a critical and informative fashion The author provides over 100 entries from abortion to wokeness as well as a detailed introduction which gives an overview of the different definitions of religion and secular religion as well as the history of secular religious comparisons The main text reconstructs the argument of several key works on each given topic while lists of sources for further reading are provided at the end of each entry This book provides a clear introduction to secular religions and will appeal to researchers and students of religious studies political philosophy political theology the history of ideologies and cultural studies

Ministry with Persons with Mental Illness and Their Families, Second Edition Robert H. Albers, William H. Meller, Steven D. Thurber, 2019-12-03 Those who are afflicted as well as those who are adversely affected by mental illness often live lives of quiet desperation without recourse to appropriate assistance Most caregivers confronted with these illnesses in the work of ministry have had no training or accurate information about mental illnesses so frequently they do nothing resulting in further harm and damage Others may operate out of a theological system that does not adequately account for the nature severity or treatment of these illnesses In Ministry with Persons with Mental Illness and Their Families Second Edition psychiatrists and pastoral theologians come together in an interdisciplinary collaborative effort to ensure accuracy of information concerning the medical dimensions of mental illness interpret these illnesses from a faith perspective and make suggestions relative to effective ministry Readers will learn how science and a faith tradition can not only co exist but work in tandem to alleviate the pain of the afflicted and affected

Your Dieting Daughter Carolyn Costin, 2013-03-05 Your Dieting Daughter is a must read for anyone wanting to help contribute to a young woman s development of a healthy self and body esteem whether she is 13 or 30 Costin has updated the first edition of this book to reflect her 15 additional years of expertise on dealing with the tricky issues of body image food and weight in a culture that places an unhealthy emphasis on being thin From aiding a young girl to lose weight for health reasons to encouraging a young woman to accept her natural body size to helping detect prevent and understand eating disorders this second edition is full of practical and invaluable information Chapters guide parents in the Do s and Don ts that will help a daughter to accept respect and care for her body

Readers will learn the importance of setting a good example and the critical need to take the focus from numbers and measurements such as scale weight clothing size miles run or sit ups accomplished to important goals like health body acceptance and finding physical activity to enjoy Whether you are interested in being a good role model for you daughter helping girls and women who are currently suffering from an eating disorder or body image issues or raising the next generation of girls to value the size of their heart over their body size this is a book not to be missed **Thick Moralities, Thin Politics** Benjamin Gregg,2003-04-18 Gregg sketches a new moral framework for political theory and public policy

Hidden Buddhas (Large Print 16pt) Liza Dalby,2010-06 Hidden Buddhas may well be Liza Dalby s best work yet with its fascinating story of characters caught up in a world they themselves don t understand Besides taking us on a journey through little known corners of Japan it offers us an engaging and believable portrait of people driven to do things they may not have imagined Arthur Golden author of Memoirs of a Geisha According to Buddhist theology the world is suffering through a final corrupt era called mapp As mapp continues chaos will increase until the center can no longer hold Then the world will end In Japan many believe that Miroku Buddha of the Future will appear and bring about a new age of enlightenment From this ancient notion of doom and rebirth comes a startling new novel by the acclaimed author of Geisha and The Tale of Murasaki Hundreds of temples in Japan are known to keep mysterious hidden buddhas secreted away except on rare designated viewing days These statues are not hidden because they are powerful their power lies in their being hidden Are they being protected or are they protecting the world In this novel one Buddhist priest struggles with the dictates of his inherited orthodoxy while another rebels An American graduate student begins to suspect the mysterious purpose of the hidden buddhas just as he falls in love with a beautiful Japanese artist who is haunted by an aborted child The weaving of karma that brings these two together results in a tech savvy half Western half Japanese child who text messages her way through the profane world to enlightenment Tracing the lives of its characters through the late twentieth century to the present from Paris to Kyoto to California Hidden Buddhas turns a cosmopolitan eye on discipline and decadence in religion fashion politics and modern life Liza Dalby is an anthropologist and writer specializing in Japan She lives in Berkeley California **Thin Ice** Reinder Van Til,Gordon L. Olson,2007 DESCRIPTION This unique volume contains twenty eight fascinating life stories of people many of whom went on to become famous who grew up in Grand Rapids Michigan The coming of age stories in Thin Ice relate a range of experiences both good and bad including happy memories and heartwarming recollections but also personal traumas intergenerational and racial conflicts the strictures of religious belief and practice the joys and sorrows of young romance and more Above and beyond the stories of the more notable personalities Jim Harrison Roger Wilkins John Hockenberry President Gerald Ford Betty Ford Al Green Paul Schrader William Brashler the book as a whole is chock full of crisp humorous irreverent and moving writing Reinder Van Til and Gordon Olson have excerpted half of the pieces from previous publications while they directly solicited the other half from

active writers specifically for this book The earliest stories go back to the 1830s and 1850s and the most recent are a cluster of contemporary pieces that describe coming of age in the Grand Rapids of the 1960s through the 1980s Together they paint a multifaceted impressionistic portrait of a century and a half in the fair city of Grand Rapids Michigan All in all Thin Ice is a nostalgic treasure for any Grand Rapidian and literary treasure for e v e r y one Contributors Albert Baxter Charles E Belknap A J Muste Arnold Gingrich David Cornel DeJong Gerald R Ford Betty Ford Edward V Gillis John Thompson Roger Wilkins Jim Harrison Glen Peterson Max Apple John Otterbacher Reinder Van Til Al Green Paul Schrader Robert VanderMolen William Brashler Sheri Venema Hank Meijer Charles Honey Tom Rademacher Levi Rickert John Hockenberry Laura Kasischke Kaye Longberg Bich Minh Nguyen **Human Rights in Thick and Thin Societies** Seth D.

Kaplan,2018-08-16 Socio centric societies have vibrant albeit different concepts of human flourishing than is typical in the individualistic West These concepts influence the promotion of human rights both in domestic contexts with religious minorities and in international contexts where Western ideals may clash with local norms Human Rights in Thick and Thin Societies uncovers the original intentions of the drafters of the Universal Declaration of Human Rights finds inspiration from early leaders in the field like Eleanor Roosevelt and examines the implications of recent advances in cultural psychology for understanding difference The case studies included illustrate the need to vary the application of human rights in differing cultural environments and the book suggests a new framework a flexible universalism that returns to basics focusing on the great evils of the human condition This approach will help the human rights movement succeed in a multipolar era

Transforming Exclusion Hannah Bacon,Wayne Morris,2011-06-23 Transforming Exclusion is concerned with the interface between the study of religion theology and issues surrounding exclusion Religious beliefs can be important in shaping attitudes that can lead to the exploitation or marginalization of both humans and non humans At the same time religious beliefs and practices have much to offer in transforming the world creating a more equitable place for all who occupy it At other times the voices of members of religious communities are suppressed and marginalized by other more dominant religious or secular individuals or communities This book addresses all of these aspects of social exclusion and aims to demonstrate that the study of theology and religion in addressing religious communities and society more widely have important contributions to make in creating a more just world The issue of exclusion is engaged with from a range of different perspectives by scholars involved in fieldwork with religious communities systematic contextual and practical theologians and practitioners involved in the preparation of individuals and groups for a range of ministries and professions

Fat Religion Lynne Gerber,Susan Hill,LeRhonda Manigault-Bryant,2021-05-13 Fat Religion Protestant Christianity and the Construction of the Fat Body explores how Protestant Christianity contributes to the moralization of fat bodies and the proliferation of practices to conform fat bodies to thin ideals Focusing primarily on Protestant Christianity and evangelicalism this book brings together essays that emphasize the role of religion in the ways that we imagine talk about

and moralize fat bodies Contributors explore how ideas about indulgence and restraint sin and obedience are used to create and maintain fear of and animosity towards fat bodies They also examine how religious ideology and language shape attitudes towards bodily control that not only permeate Christian weight loss programs but are fundamental to secular diet culture as well Furthermore the contributors investigate how religious institutions themselves attempt to define and control the proper religious body This volume contributes to the burgeoning field of critical fat studies by underscoring the significance of religion in the formation of historical and contemporary meanings and perceptions of fat bodies including its moralizing role in justifying weight bias prejudice and privilege The chapters in this book were originally published as a special issue of *Fat Studies An Interdisciplinary Journal of Body Weight and Society*

International Perspectives in Values-Based Mental Health Practice Drozdstoy Stoyanov,Bill Fulford,Giovanni Stanghellini,Werdie Van Staden,Michael TH Wong,2020-12-11 This open access book offers essential information on values based practice VBP the clinical skills involved teamwork and person centered care links between values and evidence and the importance of partnerships in shared decision making Different cultures have different values for example partnership in decision making looks very different from the highly individualized perspective of European and North American cultures to the collective and family oriented perspectives common in South East Asia In turn African cultures offer yet another perspective one that falls between these two extremes called batho pele The book will benefit everyone concerned with the practical challenges of delivering mental health services Accordingly all contributions are developed on the basis of case vignettes and cover a range of situations in which values underlie tensions or uncertainties regarding how to proceed in clinical practice Examples include the patient s autonomy and best interest the physician s commitment to establishing high standards of clinical governance clinical versus community best interest institutional versus clinical interests patients insisting on medically unsound but legal treatments etc Thus far VBP publications have mainly dealt with clinical scenarios involving individual values of clinicians and patients Our objective with this book is to develop a model of VBP that is culturally much broader in scope As such it offers a vital resource for mental health stakeholders in an increasingly inter connected world It also offers opportunities for cross learning in values based practice between cultures with very different clinical care traditions

Strike a Match 5: Thin Ice Frank Tayell,2022-05-26 Twenty years after the apocalyptic Blackout steam trains and the telegraph have replaced smartphones and satellites but while some still fear technology many dream of its return In France winter has brought the terrorist insurgency to a frozen stalemate On the home front thoughts turn to spring and the dream of a more peaceful future The Houses of Parliament are finally relocating to a new permanent home in Highcliffe Castle on the British south coast In the far north of Scotland a new national gallery is set to open in Thurso displaying re discovered paintings looted from Edinburgh just after the Blackout In Dover despite the curfews and rationing pubs bars and clubs are thriving but the re opening of the cinema is put on hold after all its seats are stolen for firewood Ten years ago Henry

Mitchell chased the gang known as the Loyal Brigade from the ruins of Sandringham A decade later the gang has returned After his arrest for arms dealing and smuggling the new leader of the Loyal Brigade has been confined to a prison hulk in Thurso's frozen harbour Despite being in isolation he is still able to co-ordinate a wave of arson attacks in the new capital Having rebranded himself as a cult leader with each attack comes an apocalyptic warning of greater destruction to come It is up to Ruth Deering Anna Riley and the Serious Crimes Unit to crack the code before more people are hurt Henry Mitchell knows a direct line can be drawn between the apocalyptic Blackout the recent attempted coup and the devastating insurgency in France Thanks to evidence gathered during the Second Siege of Calais Mitchell finally knows where the terrorist leadership is based As he and Isaac head deep behind enemy lines they have one chance to end this forever war For their plan to work they'll have to do the unthinkable on a mission from which they almost certainly won't return The fate of the future is decided in Dover Bournemouth Thurso Poland and beyond

THE QUEST FOR THIN PLACES Dana Robert Hicks, 2024-08-26 Breaking things is easy Rebuilding things is much more difficult Once you have deconstructed from toxic religious beliefs what is next Moving from being religious to a rich life of spirituality is easier said than done The temptation for many people who deconstruct from an unhealthy form of dogmatic fundamentalism is to adopt a new form of non-religious dogmatic fundamentalism that is just as toxic Religious deconstruction is not a linear process We won't one day arrive and figure it all out There is no end to the deconstructing and reconstructing cycle In this book Dana Robert Hicks outlines a cyclical model of continuous deconstruction and reconstruction The model helps facilitate the deepest longings of the human heart the experiences of awe wonder and transcendence

Into Thin Places Robert P. Vande Kappelle, 2011-01-12 In this third volume of his Adventures in Spirituality trilogy Dr Robert Vande Kappelle travels from Amsterdam to Cairo in search of his cultural and spiritual roots inviting readers to join him in exploring fabled places across the Mediterranean World Despite the grave problems centered in this region it is the birthplace of Western civilization and the source of the world's three guiding religions Readers unfamiliar with the emergence and development of Western civilization will find Into Thin Places a compelling introduction others will discover here a new perspective Affirming the human quest for adventure meaning and wholeness Professor Vande Kappelle beckons adventurers to enjoy the wonderful experiences described in the book's travel entries Those seeking historical and cultural perspective will want to examine the numerous explanatory entries scattered throughout the narrative These vignettes expand and deepen the storyline piquing curiosity about seminal events persons and places that helped shape Western sensibility As Dr Vande Kappelle points out in his closing chapter our world is in a state of crisis precipitated by numerous factors but primarily by the loss of the sacred Whether the current crisis is curable is debatable but it will clearly require massive cultural reorientation More importantly it will require a transformation of the human spirit and a commitment of will Into Thin Places encourages readers to find thin places places transparent to the divine in their own transformative journeys of discovery

Devotional Fitness Martin Radermacher, 2017-01-05 This book

examines evangelical dieting and fitness programs and provides a systematic approach of this diverse field with its wide variety of programs. When evangelical Christians engage in fitness and dieting classes in order to glorify God, they often face skepticism. This book approaches devotional fitness culture in North America from a religious studies perspective, outlining the basic structures, ideas, and practices of the field. Starting with the historical backgrounds of this current, the book approaches both practice and ideology, highlighting how devotional fitness programs construe their identity in the face of various competing offers in religious and non-religious sectors of society. The book suggests a nuanced and complex understanding of the relationship between sports and religion, beyond simple functional equivalency. It provides insights into the formation of secular and religious body ideals and the way these body ideals are sacralized in the frame of an evangelical worldview.

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The Religion Of Thinness Introduction

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