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The Ministry of Thin: How the Pursuit of Perfection Got Out of Control

By Emma Woolf

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, The Ministry of Thin: How the Pursuit of Perfection Got Out of Control, Emma Woolf, Losing weight has become the modern woman's holy grail. everything will be better when we're thin. We're obsessed with weight, we dislike our bodies, we worry about the food we eat, we feel guilty, we diet. Too many of us are locked into a war with our own bodies which we'll never win, and which will never make us happy. The Ministry of Thin takes a controversial, unflinching look at how the modern obsession with weight loss, youth, beauty and perfection got out of control. Emma Woolf, author of An Apple a Day, explores how we might all be able to stop hating and start liking our own bodies again. And she dares to ask: if losing weight is the answer, what is the question?.



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