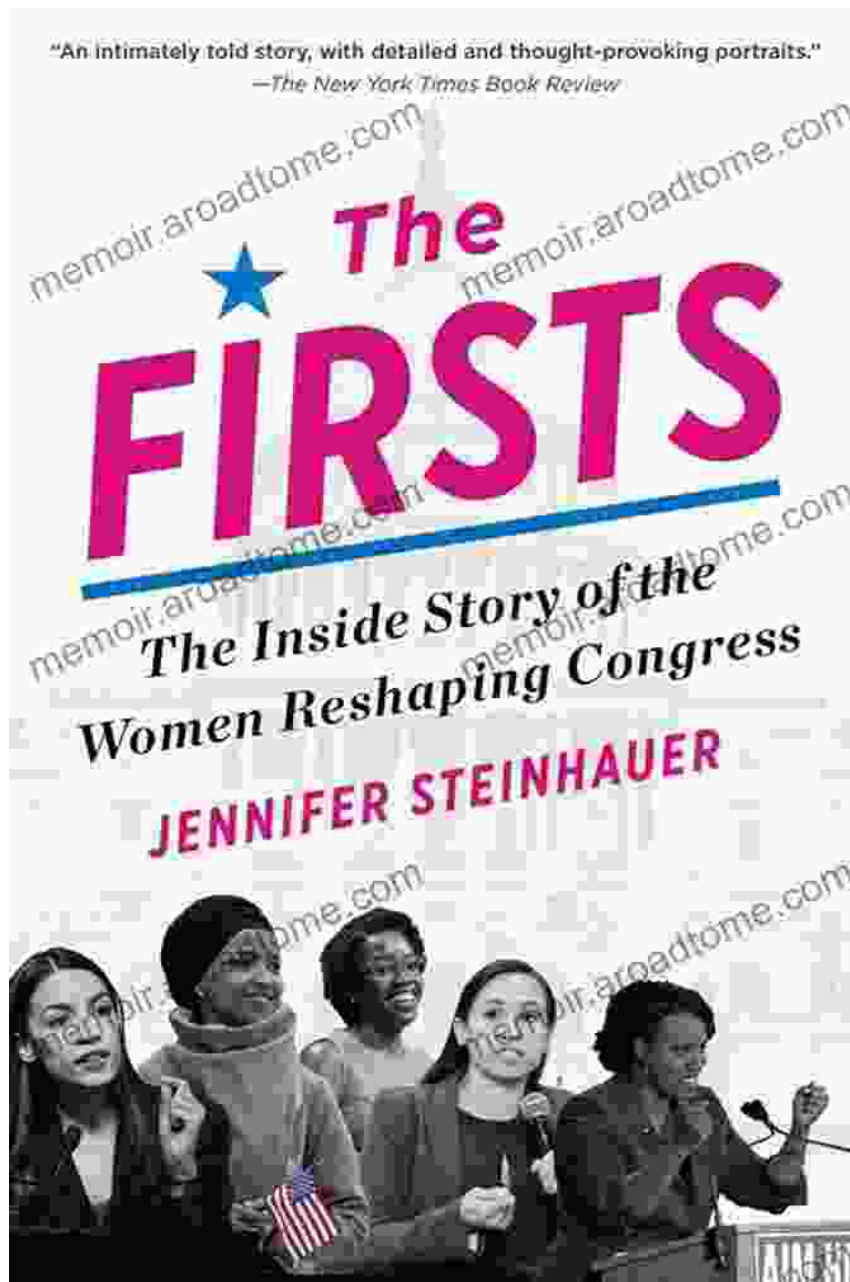


Jiggle: The Book That's Reshaping American Women



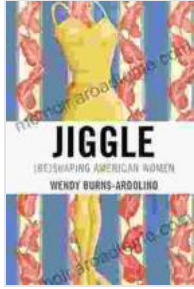
Jiggle: (Re)Shaping American Women

★★★★★ 5 out of 5

Language : English

File size : 16130 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 216 pages



By Naomi Wolf

In her groundbreaking book *Jiggle*, Naomi Wolf unpacks the cultural messages that have led women to believe that their bodies are never good enough. She explores the history of diet culture and beauty standards, and shows how these have been used to control women's bodies and minds.

Wolf argues that the diet-and-beauty industrial complex is a multi-billion dollar industry that profits from women's insecurities. She shows how the media, the fashion industry, and even the medical establishment have all contributed to the problem of body dissatisfaction.

But *Jiggle* is not just a critique of the current state of affairs. Wolf also offers a powerful new way of thinking about beauty and health. She argues that women need to reject the idea that there is only one "right" way to look. She encourages women to embrace their bodies as they are, and to find joy in movement and physical activity.

Jiggle is a must-read for any woman who wants to break free from the diet-and-beauty industrial complex and embrace her body as it is. Wolf's insights are powerful and her message is empowering. *Jiggle* is a book that can change the way you think about your body and your life.

Praise for *Jiggle*

"*Jiggle* is a groundbreaking book that challenges the way we think about beauty and health. Naomi Wolf's insights are powerful and her message is empowering. *Jiggle* is a must-read for any woman who wants to break free from the diet-and-beauty industrial complex and embrace her body as it is."

—**Gloria Steinem**

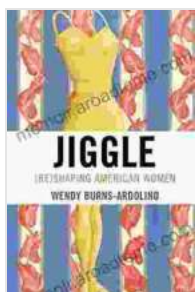
"*Jiggle* is a powerful and important book. Naomi Wolf has written a manifesto for a new era of body acceptance. *Jiggle* is a must-read for any woman who wants to live a healthier and happier life." —**Marianne Williamson**

Williamson

"*Jiggle* is a brilliant and groundbreaking book. Naomi Wolf has written a must-read for any woman who wants to understand the complex relationship between women and their bodies. *Jiggle* is a book that will change the way you think about beauty and health." —**Rebecca Traister**

About the Author

Naomi Wolf is a feminist writer and activist. She is the author of several bestselling books, including *The Beauty Myth* and *Vagina*. Wolf is a regular contributor to *The Guardian*, *The New Republic*, and *Time* magazine. She is also a sought-after speaker on issues of gender, beauty, and health.



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