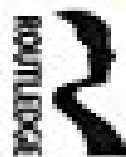


# Pursuing Perfection

Eating Disorders,  
Body Myths, and  
Women at Midlife  
and Beyond

Margo Maine, PhD, FAED, CEDS  
and Joe Kelly



# Resumo de Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond

In "Pursuing Perfection," authors Margo Maine and Joe Kelly explore the emotional, social and cultural factors behind the ongoing epidemic of disordered eating and body image despair in adult women at midlife and beyond.

Written from a biopsychosocial and feminist perspective, "Pursuing Perfection" describes the many issues women encounter as they navigate a rapidly changing culture that promotes unhealthy standards for beauty and appearance.

This updated and expanded edition (originally published as "The Body Myth: Adult Women and the Pressure to Be Perfect") is a unique guide for anyone seeking practical tools and strategies for adult women looking to establish health and body acceptance.

[Acesse aqui a versão completa deste livro](#)