

2013

The Handbook of Self-Loathing

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Recommended Citation

Bresnahan, Haley; Pagnan, Kristen; and Dumas, Katie, "The Handbook of Self-Loathing" (2013). *Women's Studies, Feminist Zine Archive*. Book 21.

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The Handbook

to

~~BEAUTY
MAGAZINE~~

FOR YOU!

Self-
LOATHING!

Daily reminders that you are NOT good enough...

FOUR MINUTES TO FAT LOSS

3 WAYS TO BOOST WINTER WEIGHT LOSS



FLAT ABS NOW

YOUR 4 SIMPLE RULES

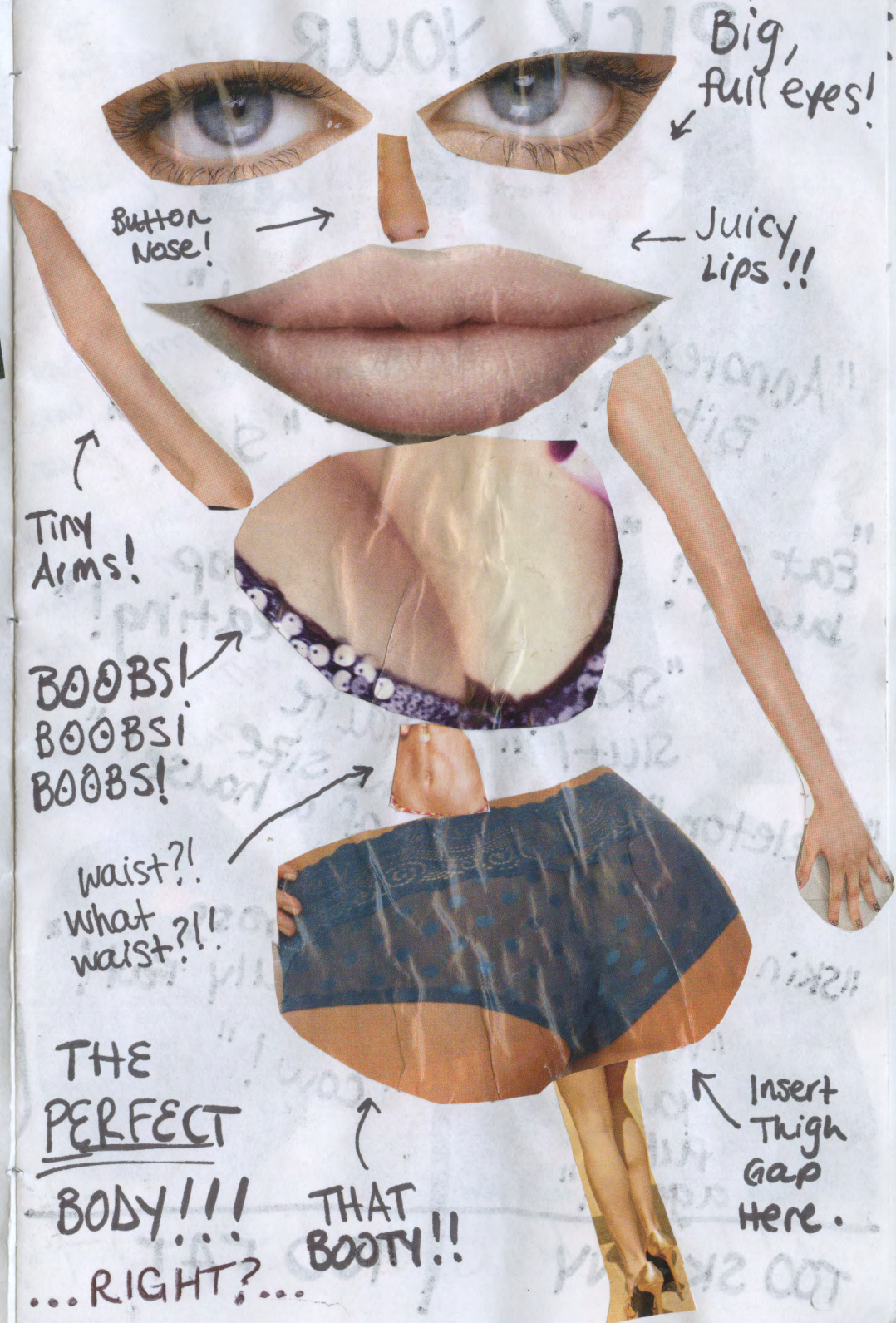
Eat, Drink & Still Shrink!
Lose Weight, Minus the Diet

Jump-Start Your Best Body Today!

3 flat-belly rules

Your Secret Performance Booster

Burn, Baby, Burn



Big, full eyes!

Juicy Lips!!

Button Nose!

Tiny Arms!

BOOBS!
BOOBS!
BOOBS!

Waist?!
What waist?!!

THE PERFECT BODY!!!
...RIGHT?... THAT BOOTY!!

Insert Thigh Gap Here.

PICK YOUR POISON

"Anorexic Bitch!"

"Eat a burger!"

"Skinny Slut!"

"Skeleton"

"Skin & Bones!"

"Why don't you go puke again?"

TOO SKINNY

"Fat ass!"

"Slob!"

"pig!"

"stop eating!"

"you're the size of a house!"

"Gross Belly Fat!"

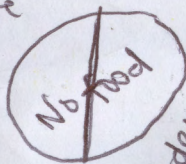
"cow!"

TOO FAT

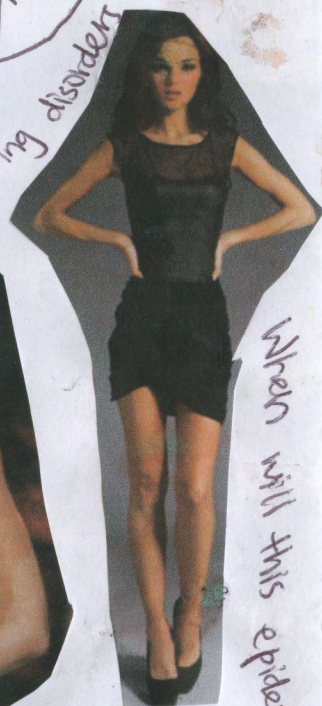
Size 4 and want to be a model?

Many designers will only use models if they are under a certain weight. Models are pressured to stay a certain weight during "weigh ins".

*Some models have admitted to eat COTTON BALLS dipped in orange juice to "feed" their hunger. This is unsafe and dangerous!



Many models have eating disorders



When will this epidemic be stopped?



FORGET ABOUT IT!!

Barbie's Impossible Proportions



Barbie fun facts!

* With a neck 2x as long and 6 inches thinner than the average woman, Barbie would be incapable of lifting her head.

* Barbie's breasts are so large, she would have had to walk on all fours.

* With a 16 inch waist, Barbie only has room for half a liver and a few inches of intestine.

* Barbie would be 110 pounds and 5'9", with a BMI of 16.24, at anorexic levels.

Barbie vs. Average

	Barbie	US Average
Head	22"	20"
Neck	9"	15"
Bust	32"	35"
Biceps	7"	13"
Forearms	6"	11"
Waist	16"	35"
Hips	29"	40"
Thigh	16"	25"
Calf	11"	16"
Ankle	6"	9"

FAT-PHOBIA KILLS

40% of people with anorexia never fully recover. AND anorexia ends up killing 20% of its victims. You think "being fat" isn't a huge trigger for their extreme dieting?

When you respond to any overweight/fat person who's saying something or doing something unrelated to their weight with comments about their weight - even "well intentioned" "concerns" about their "health" - then you are fat-shaming them. You are telling them they are not worthy to participate in our public discourse as they are. You are basically saying to these people, "You do not deserve to partake in life as freely as the rest of us. You deserve to be unseen."

"I am fat. Therefore, I am no good." Fat shaming is the only kind of prejudice our society accepted by today.

Dieting - Not just for your mom

In 1970, the average age of a girl starting to diet: 14
 In 1990, the average dropped to 8.

One half of the 4th grade girls are on a diet.

51% of 9 and 10 year olds stated they felt better about themselves while on the diet.

A study found that adolescent girls were MORE fearful of gaining weight than getting cancer, nuclear war, or losing their parents!

52% of girls begin dieting before the age of 14

81% of 10 year old girls are afraid of being fat.



... And it's getting worse!!

CHANEL COCO NOIR EAU DE PARFUM (\$98, at department stores). The rose-patchouli-sandalwood blend marries fresh florals and cozy woody notes.

COVERGIRL QUEEN COLLECTION VIVID IMPACT EYE LINER in Gilt, \$10, drugstores; **MARY KAY MINERAL EYE COLOR** in Emerald, \$7, marykay.com

LANCÔME LA VIE EST BELLE L'EAU DE PARFUM (\$75, lancome-usa.com): Thanks to iris, patchouli, and praline, this scent feels both feminine and luxurious.

MARY KAY MINERAL CHEEK COLOR Strawberry Cream, \$12
MARY KAY CHEEK BRUSH, \$14

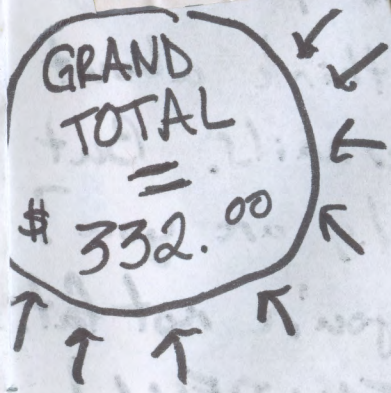
TRY: L'Oréal Paris Voluminous Butterfly Mascara in Black, \$9, drugstores

MARY KAY EYELINER, Rich Jade, \$12

SKIN ENHANCERS

Guerlain Meteorites Light Diffusing Perfecting Primer (\$71, at Sephora)
 Suspended within a clear gel base, this potion has hundreds of pearlescent beads to brighten a sallow fair-skinned complexion.

Urban Decay Anti-Aging Eye Shadow Primer Potion (\$24, at Ulta)
 An eye primer that—thanks to peptide Dermaxyl—also firms and smooths out the appearance of your lids' fine lines? Our holiday gift to ourselves.



... Remind me again why WE are the ones making \$77/\$1.00?!?!?

Body positivity!

When you start feeling bad about the **SHAPE** or **SIZE** of your body... Think about what your body can **DO!** What does your body do for you? Can it dance to a beat? Does it give great hugs?

You are not fat. You have fat. "Fat" does not adequately describe anyone on this planet. Because, when you think about it, you also have fingernails. But you aren't fingernails, are you? You have fat, but you're not fat. **YOU ARE BEAUTIFUL!**

ALL BODIES
are GOOD
bodies



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Haley Bresnahan WMH HEMA211A

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