



Calories and Corsets: A history of dieting over 2,000 years

By Louise Foxcroft

[Download now](#)

[Read Online](#) 

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft

"At last, a book on dieting that is sensible, and better still, entertaining."—*The Independent*

Today we are urged from all sides to slim down and shape up, to shed a few pounds or lose life-threatening inches. The media's relentless obsession with size may be perceived as a twenty-first-century phenomenon, but as award-winning historian Louise Foxcroft shows, we have been struggling with what to eat, when, and how much ever since the Greeks and the Romans first pinched an inch.

Meticulously researched, surprising, and sometimes shocking, *Calories and Corsets* tells the epic story of our complicated relationship with food, the fashions and fads of body shape, and how cultural beliefs and social norms have changed over time. Combining research from medical journals, letters, articles, and the dieting bestsellers we continue to devour (including one by an octogenarian Italian in the sixteenth century), Foxcroft reveals the extreme and often absurd lengths people will go to in order to achieve the perfect body, from eating carbolic soap to chewing every morsel hundreds of times to a tasteless pulp.

This unique and witty history exposes the myths and anxieties that drive today's multi-billion dollar dieting industry—and offers a welcome perspective on how we can be healthy and happy in our bodies.

Louise Foxcroft has a PhD in the history of medicine from the University of Cambridge. Her book *Hot Flushes, Cold Science* was the winner of the 2009 Longman-History Today Prize.

 [Download](#) Calories and Corsets: A history of dieting over 2, ...pdf

 [Read Online](#) Calories and Corsets: A history of dieting over ...pdf

Calories and Corsets: A history of dieting over 2,000 years

By Louise Foxcroft

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft

"At last, a book on dieting that is sensible, and better still, entertaining."—*The Independent*

Today we are urged from all sides to slim down and shape up, to shed a few pounds or lose life-threatening inches. The media's relentless obsession with size may be perceived as a twenty-first-century phenomenon, but as award-winning historian Louise Foxcroft shows, we have been struggling with what to eat, when, and how much ever since the Greeks and the Romans first pinched an inch.

Meticulously researched, surprising, and sometimes shocking, *Calories and Corsets* tells the epic story of our complicated relationship with food, the fashions and fads of body shape, and how cultural beliefs and social norms have changed over time. Combining research from medical journals, letters, articles, and the dieting bestsellers we continue to devour (including one by an octogenarian Italian in the sixteenth century), Foxcroft reveals the extreme and often absurd lengths people will go to in order to achieve the perfect body, from eating carbolic soap to chewing every morsel hundreds of times to a tasteless pulp.

This unique and witty history exposes the myths and anxieties that drive today's multi-billion dollar dieting industry—and offers a welcome perspective on how we can be healthy and happy in our bodies.

Louise Foxcroft has a PhD in the history of medicine from the University of Cambridge. Her book *Hot Flushes, Cold Science* was the winner of the 2009 Longman-History Today Prize.

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft Bibliography

- Sales Rank: #412199 in Books
- Brand: Brand: Profile Books
- Published on: 2013-06-11
- Original language: English
- Number of items: 1
- Dimensions: 7.70" h x .70" w x 5.00" l, .45 pounds
- Binding: Paperback
- 320 pages



[Download Calories and Corsets: A history of dieting over 2, ...pdf](#)



[Read Online Calories and Corsets: A history of dieting over ...pdf](#)

Download and Read Free Online Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft

Editorial Review

Review

A compelling history of mankind's peculiar and often perverse relationship with dieting ... like a grown-up version of *Horrible Histories* ... her style is pacy and she has a wonderfully light touch *The Times* Immensely readable and very enjoyable, brilliantly researched and filled with fascinating, often hilarious facts -- *Arabella Weir* This witty history of dieting is full of interesting facts ... a great reminder that the basic principles of weight loss never change *Elle* Elegantly written and full of tasty morsels -- *Jemima Lewis* Mail on Sunday Astutely researched ... amusing, alarming and poignant by turns. *Nature* Meticulously researched, *Calories And Corsets* is packed with intriguing details - some jaw-dropping, others laugh-out-loud funny - that make it an easy and enjoyable read. -- *Susan Swarbrick* *Herald* *Anybody* with an appetite for such unwholesome [dieting] texts should opt instead for Foxcroft's a slim and sensible history. -- *Helen Brown* *Daily Telegraph* Put down the diet book and pick up Louise Foxcroft's history of dieting... by the time you're finished you might see the weight-loss industry in a very different light... Foxcroft takes a briskly sceptical line on the global dieting phenomenon. -- *Jane Shilling* *Daily Mail* A book of such relentless good sense that I must recommend it - especially if you're considering a post-festive binge diet -- *Natalie Haynes* *Prospect* Entertaining ... Foxcroft's book is full of startling anecdotes, but she also has a serious purpose -- *Joan Smith* *Literary Review* Amusing [and] illuminating -- *Daisy Goodwin* *Sunday Times* Foxcroft - whose writing recalls the late father of medical history, Roy Porter - tells what is essentially a grim and visceral tale with wit and sprezzatura. -- *Michael Bywater* *The Week* An authoritative history... There are plenty of good stories and she is good on Lord Byron... -- *Cressida Connolly* *Spectator* A catchy title and a great subject... -- *Katie Law* *Evening Standard* A welcome addition to the fields of food and body histories... an engaging synthesis of existing research and delves into a number of original sources... There is some substantial scholarship here... -- *Peter Atkins* *BBC History Magazine* Fascinating *Daily Express* 'fascinating...' Foxcroft does this (dispels dieting myths) admirably, and with wit. This short volume would be a wise investment for anyone tempted to sign up to the (screamingly fashionable) high-protein diet of Dr Dukan, or to the (previously hip, now less so) regime of the low-carb king Dr Atkins. -- *Isabel Berwick* *FT* At last, a book on dieting that is sensible, and better still, entertaining... a lively history. -- *Christopher Hirst* *Independent* Entertaining and colourful -- *Stephanie Cross* *The Lady* Mixing science with fashion and celebrity, this enlightening book gives the full skinny on lean, fat and in-between. -- *Iain Finlayson* *Saga* Brilliantly researched and highly entertaining. -- *Sally Morris* *Daily Mail*

About the Author

Louise Foxcroft has a PhD in the history of medicine from the University of Cambridge. Her most recent book, *Hot Flushes, Cold Science* [9781847081711] was the winner of the Longman-History Today Prize, 2009. She writes for the *Guardian* and the *London Review of Books*.

Users Review

From reader reviews:

Matthew Lyons:

The event that you get from *Calories and Corsets: A history of dieting over 2,000 years* is the more deep you excavating the information that hide within the words the more you get considering reading it. It does not

mean that this book is hard to understand but Calories and Corsets: A history of dieting over 2,000 years giving you buzz feeling of reading. The copy writer conveys their point in certain way that can be understood through anyone who read the idea because the author of this book is well-known enough. This particular book also makes your own vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this Calories and Corsets: A history of dieting over 2,000 years instantly.

Joshua Mack:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent the whole day to reading a guide. The book Calories and Corsets: A history of dieting over 2,000 years it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the e-book. You can m0ore quickly to read this book from a smart phone. The price is not very costly but this book has high quality.

James Moore:

Reading can called brain hangout, why? Because when you are reading a book specifically book entitled Calories and Corsets: A history of dieting over 2,000 years your head will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will become your mind friends. Imaging each and every word written in a guide then become one type conclusion and explanation which maybe you never get ahead of. The Calories and Corsets: A history of dieting over 2,000 years giving you a different experience more than blown away your brain but also giving you useful info for your better life with this era. So now let us teach you the relaxing pattern this is your body and mind will likely be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Lisa Lee:

Can you one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Aim to pick one book that you find out the inside because don't assess book by its protect may doesn't work is difficult job because you are scared that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer is usually Calories and Corsets: A history of dieting over 2,000 years why because the great cover that make you consider in regards to the content will not disappoint an individual. The inside or content is actually fantastic as the outside or maybe cover. Your reading 6th sense will directly assist you to pick up this book.

Download and Read Online Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft #6PJMAKN9EW1

Read Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft for online ebook

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft books to read online.

Online Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft ebook PDF download

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft Doc

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft MobiPocket

Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft EPub

6PJMAKN9EW1: Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft