



Fat Lives: A Feminist Psychological Exploration (Women and Psychology)

Irmgard Tischner

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Ever caught somebody – or yourself – checking out the content of a ‘fat’ person’s supermarket trolley? Ever wondered what lies behind this behaviour, or what it might be like to be at the receiving end of this judging gaze?

Within the context of the current ‘obesity debate’, this book investigates the embodied experience of ‘being large’ from a critical psychological perspective. Using poststructuralist and feminist theories, the author explores the discourses available to and used by self-designated ‘fat’ individuals, as well as the societal power relationships that are produced by these.

Using the issues of body size and ‘fat’ as an illustration, the book describes the benefits of exploring psychological and social matters from a poststructuralist perspective, and the dangers inherent in taking reductionist approaches to public health and other social issues. As such, this book should be of particular interest to anyone working within the disciplines of psychology, sociology, and health studies, as well as those involved in the study of health, gender issues and appearance.

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