



## 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:

##### **Christopher Helland:**

Do you have favorite book? If you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or maybe goal; it means that e-

book has different type. Some people really feel enjoy to spend their time and energy to read a book. They can be reading whatever they have because their hobby is usually reading a book. Why not the person who don't like examining a book? Sometime, particular person feel need book whenever they found difficult problem or even exercise. Well, probably you'll have this Calories and Corsets: A history of dieting over 2,000 years.

**Alan Durham:**

The book Calories and Corsets: A history of dieting over 2,000 years has a lot associated with on it. So when you read this book you can get a lot of gain. The book was authored by the very famous author. Tom makes some research previous to write this book. That book very easy to read you may get the point easily after looking over this book.

**Louis Trent:**

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Calories and Corsets: A history of dieting over 2,000 years, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

**Derick Heinz:**

In this era globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. Often the book that recommended for your requirements is Calories and Corsets: A history of dieting over 2,000 years this e-book consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book acceptable all of you.

**Download and Read Online Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft #H34Z2RTJGMA**

# **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**

**H34Z2RTJGMA: Calories and Corsets: A history of dieting over 2,000 years By Louise Foxcroft**