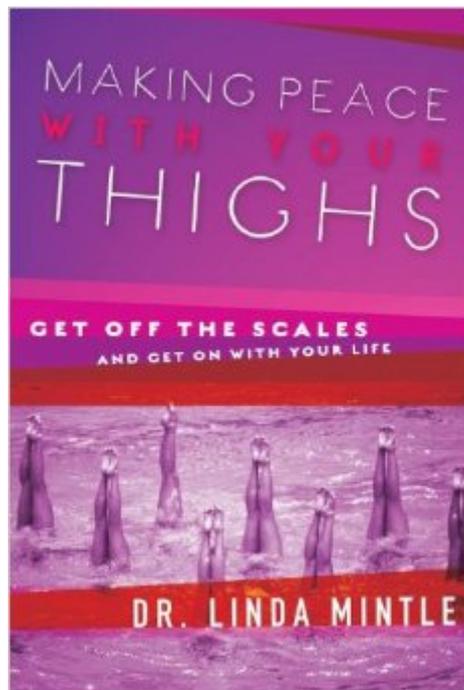


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# Making Peace With Your Thighs: Get Off The Scales And Get On With Your Life



## Synopsis

Get your thighs off your mind and lose the lies that bind. Women of America, it's time to stop obsessing and start making peace with your thighs, your waist, and any other body part that leads you to feel inadequate. Everywhere we turn-magazines, movies, television-we are bombarded with images of what a woman "should" look like. And every image makes body acceptance and confidence harder to achieve. So author and therapist Dr. Linda is inviting all members of the sisterhood of the dissatisfied traveling pants to discover how we arrived at this discontent and how to change our attitudes-and our lives-when it comes to liking our bodies.

## Book Information

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## Customer Reviews

I loved the cover artwork for this book and the impression it gives (a fun read about a potentially serious subject) was accurate. Dr Linda Mintle explores many of the common issues of self-image that women have - dissatisfaction with face, stomach, breasts, thighs, hair etc., and how flawed our model of what we should be achieving can be. She looks at the dieting obsession that is so prevalent, along with eating disorders and the root causes of some of these problems. She talks about ageing and how this can affect a woman's physical body and self-awareness, along with unhelpful portrayals of ideal bodies on TV, in magazines and newspapers and in shops. Linda Mintle's writing style is very readable with many personal illustrations, some humour and, at the end of each chapter, relating the issue to the reader's relationship with God. Her illustrations are rather American-centric, as is her use of situations and regular comments on very pervasive elective

plastic surgery (less common in the UK) but her overall points are valid wherever we live and in whatever Western culture. This book covers a broad range of topics and 230 pages don't allow her to delve really deeply into any of them but this is certainly a worthwhile introduction to an important subject for many women and gives some theological insights into our own views of our image and our physical attributes.

The pages in this book flutter like tiny white flags calling for a truce! While most women are waging war with various body parts that they consider less than perfect, the wisdom of Dr. Linda Mintle can negotiate a lasting peace. Body dissatisfaction is an epidemic, affecting women of all ages. Yet, these pages clearly show that this discontent goes more than skin deep; it reaches into the mind where it does the most damage. While the media bombards us with images of flawless female bodies, women are falling prey to slick advertisers and specialized cosmetic surgeries. Thankfully, there is a solution to this mindset. Dr. Mintle, one of the nation's leading authorities on food, understands the thinking behind the disappointment with our bodies and starts from that point. She leads readers around the minefields of media-inspired misconceptions to the liberating truth of God's Word. Balancing medical facts with spiritual principles provides readers with a multi-dimensional look at this subject. Causing women to examine the real underlying motivation behind their perceptions uncovers lies that lead to erroneous and sometimes dangerous beliefs. Writing with a conversational tone, as well as a delightful touch of humor, the author gently comes alongside readers in an honest and humble attempt to change their thinking. Facts and faith dovetail perfectly, reinforcing the clear principles set forth. While this subject lends itself to a more physical perspective, there is a wonderful emphasis on the soul and spirit as well. Women will be encouraged to look to their Creator for power and positive reinforcement. Cultural misconceptions will fade as the Light of the Word shines with a steady and searching intensity. Dr. Linda Mintle offers readers some mental calisthenics that stretches their thinking to the perfect size! - Joyce Handzo, Christian Book Previews.com

I am a professional image consultant and have been listening to women lament about their imperfect bodies for decades! Dr. Linda's words were full of compassion and truth wrapped in humor. She obviously has been through the struggles many women face at some point in their lives. Her style of writing informs as well as entertains. She enables us to laugh at unrealistic views of ourselves while offering a godly perspective that sees hope in our mirror of life. She helps us come up with a more realistic focus of who God created us to look like from the inside out. I think every

teenage girl should read this book to get started off in the right frame of mind about what true beauty is all about and how to enjoy the skin she's in at every age! Every adult woman should read it to inspire her to be all God created her to be without fear of flaws or the future. Let there be peace on earth, and let it begin with me and my thighs! Thanks Dr. Linda!

Okay, this book is a must purchase. One for you and twelve for your best girl friends. It's funny, inspirational and so much more than just another self help book. Finally a book that encourages me to be ME..... and not someone else. The encouraging words delivered from Dr. Linda were honest and really spoke to me. It's comforting to know that body acceptance is a battle so many of us are facing. She speaks from the heart and clearly speaks the truth of God's unconditional love for us all. Because of this book - I will, stop obsessing about my weight and start living. I will, stop measuring myself against others and start living. I will, stop believing "if only...." and start living. It's a terrific book for anyone who wants practical advice on living and feeling like a real winner today.....thanks Dr. Linda.

Wow! A powerful read! I came across this book as I was browsing through Barnes and Noble with my coffee. I opened it up and was hooked just from the table of contents! Before I knew it I had been sitting in the aisle for an hour and fifteen minutes, totally engrossed in this captivating, hysterical and insightful book! Dr. Linda has a way with words and humor to get across tough issues. In the supermodel culture we live in it is nearly impossible to survive without being grounded in a secure and HEALTHY body image. Whether you are a size 2 or 22 you need to read this book! Thank you, it was such a blessing!

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