



# Fat Is a Feminist Issue

*Susie Orbach*

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## **Fat Is a Feminist Issue** Susie Orbach

Orbach's non-dieting approach to weight loss shows women how to get off the diet/binge merry-go-round and lose weight through self acceptance. "It is more essential than ever that (it) be read by every American woman".--Susan Faludi, bestselling author of Backlash.

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