



Locker Room Diaries: The Naked Truth about Women, Body Image, and Re-imagining the "Perfect" Body

Leslie Goldman

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Often dressed in no more than a towel, author Leslie Goldman spent five years talking with women of all ages, shapes, and sizes about what goes into “shaping” not just their bodies but their body image. From compulsive workouts to daily dates with the scale to body fat measurements, American women are swept up in a constant quest for perfection. But the loudest voices here are those of the senior women who speak candidly of their long road to self-acceptance. Funny, smart, and confiding, *Locker Room Diaries* is a wake-up call for any woman who has ever wished her body were something other than it is; this book “reminds you that the ‘perfect’ body is your body.” (Wendy Shanker).

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