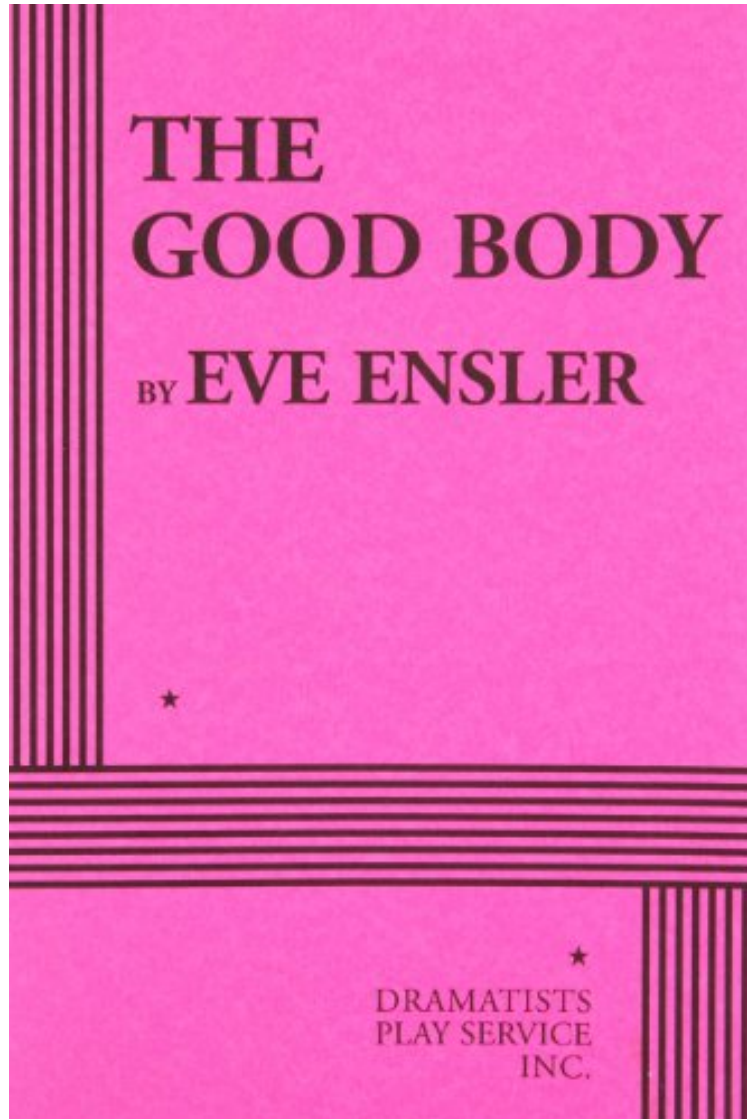


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## The Good Body - Acting Edition

*Eve Ensler*

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**Eve Ensler : The Good Body - Acting Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Good Body - Acting Edition:

0 of 0 people found the following review helpful. for all you ladies out thereBy K. StrobleAs someone who has always struggled to "fit in" on some level, this just shows me that all over the world, many women feel the same way.The countries that lack the social media, have the most love for themselves and their bodies. After reading this, I have realized that if I focus too much on what I hate about myself, it will never get better.Worrying about something so much, just makes your goals seem so unattainable.Even Ensler is great, and I plan on reading all she has to say; and I

want to say thank you to her for putting these written words out there. Without them, I wouldn't know how great it is to be me, and all of the things Me and a woman in America has, and has taken for granted. This book of less than 100 pages has taught me so much. I am so happy that I took the time to read it. I will pass it on to all of my friends that are willing to read it as well.

Botox, bulimia, breast implants, stomach tucks - Eve Ensler is back, with another round of poignant and hilarious stories about the secret lives of women. Here are our intimate obsessions laid bare - who hasn't hungered for shapelier thighs, a nip or tuck or just a little piercing? Ensler toured the world asking women about their anatomical obsessions and gives us their stories: a Puerto Rican's ruminations on fat and family, an Indian beauty's obsession with hair, an LA woman's ultimate concession to her husband. She frames these stories with her own personal journey, serving up riotous excerpts from her lifelong dialogue with her belly - a sassy and conniving antagonist in its own right. We follow her through the serial seductions of low carb diets, ab rollers and personal trainer to the wise words of a woman who taught her how to love her body, and see that it was good.

Praise for Eve Ensler: Eve Ensler can soar to Rabelaisian heights or move us with quiet compassion. . . . She may not save the world, but what other playwrights even think of trying? Time Acclaim for *The Vagina Monologues* Spellbinding, funny, and almost unbearably moving . . . It is both a work of art and an incisive piece of cultural history, a poem and a polemic, a performance and a balm and a benediction. Variety The monologues are part of Eve Ensler's crusade to wipe out the shame and embarrassment that many women still associate with their bodies or their sexuality. [They] are both a celebration of women's sexuality and a condemnation of its violation. The New York Times Women have entrusted Eve with their most intimate experiences. . . . I think readers, men as well as women, will emerge from these pages feeling more free within themselves and about each other. GLORIA STEINEM From the Hardcover edition. From the Inside Flap Botox, bulimia, breast implants: Eve Ensler, author of the international sensation *The Vagina Monologues*, is back, this time to rock our view of what it means to have a "good body." "In the 1950s," Eve writes, girls were "pretty, perky. They had a blond Clairol wave in their hair. They wore girdles and waist-pinchers. . . . In recent years good girls join the army. They climb the corporate ladder. They go to the gym. . . . They wear painful pointy shoes. They don't eat too much. They . . . don't eat at all. They stay perfect. They stay thin. I could never be good." *The Good Body* starts with Eve's tortured relationship with her own "post-forties" stomach and her skirmishes with everything from Ab Rollers to fad diets and fascistic trainers in an attempt to get the "flabby badness" out. As Eve hungrily seeks self-acceptance, she is joined by the voices of women from L.A. to Kabul, whose obsessions are also laid bare: A young Latina candidly critiques her humiliating "spread," a stubborn layer of fat that she calls "a second pair of thighs." The wife of a plastic surgeon recounts being systematically reconstructed inch by inch by her "perfectionist" husband. An aging magazine executive, still haunted by her mother's long-ago criticism, describes her desperate pursuit of youth as she relentlessly does sit-ups. Along the way, Eve also introduces us to women who have found a hard-won peace with their bodies: an African mother who celebrates each individual body as signs of nature's diversity; an Indian woman who transcends "treadmill mania" and delights in her plump cheeks and curves; and a veiled Afghani woman who is willing to risk imprisonment for a taste of ice cream. These are just a few of the inspiring stories woven through Eve's global journey from obsession to enlightenment. Ultimately, these monologues become a personal wake-up call from Eve to love the "good bodies" we inhabit. From the Hardcover edition. About the Author Even Ensler is the author of *The Vagina Monologues*, a theatrical and publishing sensation that has sold over half a million copies worldwide and has been translated into twenty-six languages. Winner of a Guggenheim and Obie award, she is co-founder and guiding spirit of V-day, an international movement to fight violence against women (see [vday.org](http://vday.org)). She lives in New York City.