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Food, the Body and the Self

Deborah Lupton

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In this wide-ranging and thought-provoking analysis of the sociocultural and personal meanings of food and eating, Deborah Lupton explores the relationship between food and embodiment, the emotions and subjectivity. She includes discussion of the intertwining of food, meaning and culture in the context of childhood and the family, as well as: the gendered social construction of foodstuffs; food tastes, dislikes and preferences; the dining-out experience; spirituality; and the `civilized' body. She draws on diverse sources, including representations of food and eating in film, literature, advertising, gourmet magazines, news reports and public health literature, and her own empirical research into people's preferences, memories, experiences

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