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She is the author of many books. Her most recent In Therapy: The Unfolding Story is an expanded edition of In Therapy (an annotated version of the BBC series listened to live by 2 million people). Her first book Fat is a Feminist Issue has been continuously in print since 1978. Bodies (which won the APA Women’s Prize in 2009) was updated in 2019.

Her other books include Hunger Strike, What’s Really Going on Here?, Towards Emotional Literacy, On Eating, The Impossibility of Sex, Fifty Shades of Feminism (co-editor).

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