

My Body Is of Rules: A Journey of Unraveling and Reclamation



My Body Is a Book of Rules by Elissa Washuta

★★★★☆ 4.6 out of 5

Language : English
File size : 6580 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 207 pages



By Amythyst Raine



In her deeply personal and thought-provoking memoir, *My Body Is of Rules*, Amythyst Raine takes readers on a journey of self-discovery and empowerment. Through a series of raw and honest essays, Raine explores the complex and often contradictory relationship we have with our bodies, particularly as women living in a society that is obsessed with appearance and control.

Raine writes with a rare vulnerability about her own struggles with body image and eating disFree Downloads. She shares her experiences with surgical procedures, diet pills, and binge eating, all in an effort to conform to society's narrow definition of beauty. But rather than wallowing in self-pity, Raine uses her story to illuminate the larger issue of how external pressures can become internalized, shaping our thoughts, feelings, and actions.

My Body Is of Rules is not just a memoir, however. It is also a call to action. Raine challenges readers to question their own beliefs and motivations, to examine the ways in which they have internalized societal rules about their bodies. She invites us to challenge these rules, to reject the shame and self-doubt that they engender, and to reclaim our bodies as our own.

This book is a powerful and necessary addition to the growing literature on body image and eating disFree Downloads. It is a must-read for anyone who has ever struggled with their own body, or who wants to better understand the complex relationship between women and their bodies.

Reviews

"*My Body Is of Rules* is a brave and important book. Amythyst Raine writes with honesty and vulnerability about her own struggles with body image

and eating disFree Downloads, but she also uses her story to illuminate the larger issue of how external pressures can become internalized. This book is a must-read for anyone who has ever struggled with their own body, or who wants to better understand the complex relationship between women and their bodies." - **Emily Nagoski, PhD, author of *Come As You Are: The Surprising New Science That Will Transform Your Sex Life***

"Amythyst Raine's *My Body Is of Rules* is a powerful and necessary book. Raine writes with a rare vulnerability about her own struggles with body image and eating disFree Downloads, offering a searingly honest account of the damage that these issues can wreak on our lives. But Raine also offers hope, providing a roadmap for recovery and self-acceptance. This book is an essential read for anyone who has ever struggled with their own body, or who wants to better understand the complex relationship between women and their bodies." - **Roxane Gay, author of *Hunger and Bad Feminist***

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To learn more about Amythyst Raine and her work, visit her website at amythyst-raine.com.

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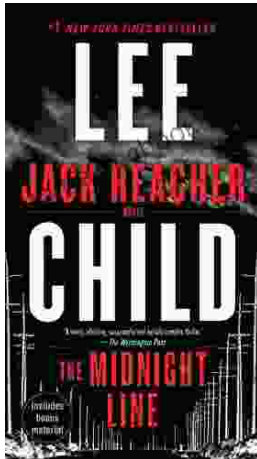
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