

# **Food, The Body And The Self By Deborah Lupton**

**By Deborah Lupton**

Lupton, Deborah. Food, the Body and the Self. London: SAGE Publication Ltd., 1996.  
MacKendrick, Karmen. Counterpleasures. New York: State University of New York Press

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Deborah Lupton, University of Canberra, Arts & More Info: Chapter 1 from my book Food, the Body and the Self, published by Sage, London, 1996.

About Contact me on [deborah.lupton@canberra.edu.au](mailto:deborah.lupton@canberra.edu.au) I am the (2nd edition), Risk and Everyday Life (with J Tulloch), Food, the Body and the Self

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Deborah Lupton is an independent sociologist. She was formerly Professor of Sociology and Cultural Studies at Charles Sturt University, Australia.

Your body is like a wonderful machine. First of all it builds itself in your mothers womb. Aim for balance in your food. Keep your body in the mood.

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