



## Body Positivity Has Boomed. But Thinness Never Went Away

“身体自爱”兴起，但对瘦的追求从未消失

Date: Jan. 17, 2023

427 Words

What is considered **in vogue** for women's bodies has **plagued** us for generations. Last year, trend forecasters and celebrities seemed to **proclaim** again, “thin is **in**.” Most would argue thin never really went out of style — while body positivity and fat inclusion have made **strides** in recent years with a few plus models being sent down runways, we are still **pummeled** with the pressure to be thin, or at least have a flat tummy. Even “plus” **contorts** to a specific type of figure, an hourglass, with a perfect hip-to-waist ratio.

几代人以来，女性的流行身材一直让我们备受煎熬。去年，趋势预测者和名人似乎又一次宣称：“瘦才是潮流。”大多数人会认为，瘦从来没有真正过时——尽管近年来，随着一些大码模特走上T台，“身体自爱”和对脂肪的包容已经取得了长足的进步，但我们仍然迫于压力想要变瘦，或者至少有一个平坦的小腹。即使是“大码身材”也会扭曲成一种特定的身材——拥有完美腰臀比的沙漏形。

The shape of women's bodies has always been subject to **the ebbs and flows** of cultural standards. And in nearly all cases, those trends become controls that have **deleterious** effects on women's lives: eating disorders, fad diets, dangerous **injections** and surgeries. Not to mention the psychological effects that come with disliking the body you occupy, the social pressure to comply with rules your body may not be able to **adhere to**, and the anxiety, depression and self-hatred that come along with all of that.

女性身材总是受制于文化标准的变化。几乎在所有情况下，这些趋势都变成了对女性有害的控制：饮食失调、新潮节食计划、危险的注射和手

**in vogue** 流行**plague** [pleɪɡ] v. 给……造成长时间的痛苦（或麻烦），困扰，折磨，使受煎熬 n. 瘟疫 | Financial problems are plaguing the company. 财政问题使这家公司焦头烂额。**proclaim** [prəˈkleɪm] v. 宣布，宣告 | The president proclaimed a state of emergency. 总统宣布了紧急状态。**in** [ɪn] adj. 流行的，时髦的 | Purple is the in colour this spring. 紫色是今年春天的流行色。**stride** [straɪd] n. 进展，进步，发展；大步 v. 大步走 | The government has made great strides in reducing poverty. 政府在减少贫困方面已经取得巨大进展。**pummel** ['pʌml] v. 连续猛击，反复拳打**contort** [kənˈtɔːrt] v. 扭曲，走样 | His face contorted with anger. 他脸都气歪了。**the ebbs and flows** 涨落，起伏**deleterious** [ˌdɛləˈtɪəriəs] adj. 有害的，损害的 | the deleterious effects of smoking 吸烟的害处**injection** [ɪnˈdʒekʃn] n. 注射；资金投入 | The theatre faces closure

术。更不用说厌恶自己的身体带来的心理影响，遵守不适用于自己身体的规则带来的社会压力，以及随之而来的焦虑、抑郁和自我仇恨。

But why do these **unattainable** standards exist, and why is it so easy to **foist** them **upon** women? Well, it's complicated.

但为什么会存在这些无法达到的标准，为什么把它们强加于女性如此轻而易举？这背后的原因很复杂。

More than 30 years ago, Naomi Wolf wrote in “The Beauty Myth”: “A culture **fixated** on female thinness is not an **obsession** about female beauty, but an obsession about female obedience.”

30 多年前，纳奥米·沃尔夫在《美貌的神话》中写道：“推崇女性苗条的文化，并非对女性美貌有执念，而是对女性顺从有执念。”

Through that lens, it's not surprising that in a moment when women's rights have been under attack — with the **overturning** of Roe vs. Wade in this country and in the fight for women's autonomy in Iran — we are also seeing a reversion to a thin aesthetic, for women to minimize themselves, literally. In fact, a 2019 study found that the sexist push for women to reach beauty ideals intensifies as they become more successful, especially at work.

从这个角度来看，在女性权利受到冲击的时刻——美国罗伊诉韦德案被推翻（“堕胎权”不再受宪法保护），伊朗争取女性自主权——我们也看到了一种纤瘦审美的回归，促使女性将自己“最小化”（字面意义上的），这毫不奇怪。事实上，2019 年的一项研究发现，随着女性变得更加成功，尤其是在工作领域，会出现更强的性别歧视压力促使女性追求美貌典范。

It's hard to **disentangle** what is a trend, what is media saturation and what is our own desire. Influencers regularly **flaunt** their exercise **regimen**, makeup routine or fashion game, and we **avidly** follow and envy the results. And the reality is most women both **capitulate** to and embrace the culture's body standards. It is impossible to separate what is imposed and what is our truest self-expression. And at some point, it doesn't

unless it gets an urgent cash injection. 剧院面临着倒闭，除非有大笔救急现金投入。

**adhere to** 坚持，遵守，遵循（法律、规章、指示、信念等） | She adheres to teaching methods she learned over 30 years ago. 她依循她 30 多年前所学的教学法教学。

**unattainable** [ˌʌnəˈteɪnəbl̩] *adj.* 无法得到的，难以达到的 | an unattainable goal 难以达到的目标

**foist sb./sth. on/upon sb.** 强迫接受，把……强加于 | The title for her novel was foisted on her by the publishers. 她的小说书名是出版商强加给她的。

**fixated** [fɪkˈseɪtɪd] *adj.* 过分迷恋的 | He seems fixated on losing weight. 他似乎迷恋上了减肥。

**obsession** [əbˈseʃn] *n.* 痴迷，着迷 | The current obsession with exam results is actually harming children's education. 目前一味追求考试成绩的做法实际上对儿童教育有害。

**overturn** [ˌoʊvərˈtɜːrn] *v.* 推翻，撤销（判决等）；倾倒，翻掉 | His sentence was overturned by the appeal court. 上诉法庭撤销了对他的判决。

**disentangle** [ˌdɪsnˈtæŋɡl̩] *v.* 理顺，分清；使解脱，使摆脱 | It's very difficult to disentangle fact from fiction in what she's saying. 很难分清她说的话哪些是真、哪些是假。

**flaunt** [flaʊnt] *v.* 炫耀，卖弄 | Lawrence didn't flaunt his wealth —

matter; the back and forth is the reality.

流行趋势、媒体浸透和我们自己的欲望混作一团，难以理清。有影响力的人经常炫耀他们的锻炼方案、化妆流程或时尚品味，我们热切地追随并羡慕他们的成果。现实情况是，大多数女性都屈服于并接受了文化中的身材标准。我们不可能将什么是强加给我们的，什么是我们最真实的自我表达区分开来。在某些时候，这并不重要；我们受到二者的共同作用就是事实。

The unforgiving standards that are pushed on women — through the media, our social networks, our families, the fashion industry — **alienate** us from our bodies. Something that should be controlled within oneself is instead controlled by outside forces. Sound familiar?

那些强加在女性身上的无情标准——通过媒体、我们的社交网络、我们的家人、时尚产业——使我们与自己的身体疏远。一些本应由自己控制的事情却被外部力量所控制。这听起来是不是很熟悉？

he lived a simple life. 劳伦斯从不炫耀他的财富，他的生活很简朴。

**regimen** ['redʒɪmən] *n.* 生活规则，养生之道 | The doctors recommend that he continue his exercise regimen. 医生们建议他继续进行有规律的锻炼。

**avidly** ['ævidli] *adv.* 热切地，贪心地 | She reads avidly. 她如饥如渴地阅读。

**capitulate** [kə'pɪtʃuleɪt] *v.* 屈服，屈从；投降 | We will not capitulate to the demands of terrorists. 我们不会屈服于恐怖分子的要求。

**alienate** ['eɪliəneɪt] *v.* 使疏远，离间 | Very talented children may feel alienated from the others in their class. 天才出众的孩子可能觉得与班上的同学格格不入。

## ➤ 脉络梳理

- Para. 1-2 指出社会对于女性身材始终存在严苛标准，往往对女性身体和心理造成伤害
- Para. 3-6 分析这些标准存在并被强加给女性的复杂原因
- Para. 7 总结全文，引发读者思考

## ➤ 长难句拆解

