Delve Deeper into Girl Model
A film by David Redmon and A. Sabin

This list of fiction and nonfiction books, compiled by Penny Talbert and Rebecca Zinner of Ephrata Public Library, provides a range of perspectives on the issues raised by the POV documentary Girl Model.

**Girl Model**条 away the facade of the modeling industry by following two people whose lives intersect because of it. Ashley is a deeply conflicted American model scout, and 13-year-old Nadya, plucked from a remote Siberian village and promised a lucrative career in Japan, is her latest discovery. As the young girl searches for glamour and an escape from poverty, she confronts the harsh realities of a culture that worships youth—and an industry that makes perpetual beauty a globally traded commodity.

**Global Modeling Industry**

**ADULT NONFICTION**


Mears, Ashley. *Priceing Beauty: The Making of a Fashion Model.* Berkeley, CA: University of California Press, 2011. Sociologist and fashion insider Ashley Mears examines how fashion and even models themselves are promoted and packaged to become a prized commodity in the marketplace. Drawing upon her own observations as well as interviews with many others in the fashion industry, Mears provides insight into the economics and politics of the business of glamour.

**Body Image**


**Defining Beauty**

Kuczynski, Alex. *Beauty Junkies: In Search of the Thinnest Thighs, Perkiest Breasts, Smoothest Faces, Whitest Teeth and Skinniest, Most Perfect Toes in America.* New York: Broadway Books, 2007. Aging is a natural part of life, however beauty-minded Americans are trying their best to eliminate the wrinkles, age spots, and other hallmarks of advanced age that may derail their pursuit of physical perfection. Witness the fanaticism behind the American pursuit of youth and the desperate measures taken to maintain it.

**Siberia**

Thubron, Colin. *In Siberia.* New York: HarperCollins, 2002. This is the incredible account of Colin Thubron’s 15,000-mile journey across Siberia. Traveling by train, boat, car, and by foot, Thubron witnesses first-hand the environmental devastation that has marred the vast Siberian landscape as well as the poverty that has crippled the Siberian people.


**ADULT FICTION**

Porizkova, Paulina. *A Model Summer.* New York: Hyperion, 2007. Scrappy fifteen-year-old Jirina has grown accustomed to the taunts and jeers her unique appearance elicits from classmates in her hometown of Sweden. All this changes when she is whisked away to Paris to begin a career in modeling. Between photo shoots and parties, Jirina come of age in a superficial world full of harsh critics and womanizing photographers.

Alt, Carol. *Model, Incorporated.* New York: Avon A., 2009. Melody Ann Croft quickly ascends the fashion industry’s ladder as the fashion model “Mac.” She realizes the life of a super model is comprised of more than just fame and fortune; it’s long hours of hard work and difficult decisions.

**NONFICTION FOR YOUNGER READERS**


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FICTION FOR YOUNGER READERS

Hautzig, Esther. The Endless Steppe: Growing Up In Siberia. London: Thomas Y. Crowell Company, 1968. Arrested and forced into exile under accusations of being capitalists, Esther and her family struggle to survive on the endless steppe of Siberia. Amid food shortages and other difficulties, the family finds hope for the future in their love for one another.

Dionne, Erin. Models Don’t Eat Chocolate Cookies. New York: Dial Books for Young Readers, 2009. When Celeste’s aunt enters her in the Miss HuskyPeach pageant for plus-sized girls, Celeste desperately wants to avoid potential public embarrassment, but feels too guilty to quit. Instead, she sacrifices her beloved chocolate cookies in an attempt to shrink out of the competition. Along the way, Celeste realizes that looks aren’t everything and that she should be proud of herself no matter what she looks like.

FILMS, VIDEOS and BROADCASTS

Picture Me: A Model’s Diary. A film by Ole Schell; Sara Ziff; David Hochschild; James Lefkowitz; Jordan Galland. Culver City, CA: Strand Releasing Home Video, 2010. DVD. Through her own personal video diary as well as interviews with those in the fashion industry, rising model Sara Ziff illustrates the glamour and success as well as her exhaustion and the severe competition that marks her career in fashion.


America the Beautiful. A film by Darryl Roberts. A Film by Darryl Roberts. Santa Monica: California. Xenon Pictures; Distributed by Xeon Pictures, 2010. DVD. Documentary filmmaker, Darryl Roberts, goes on a five-year journey to explore the obsession Americans have with cosmetic surgery and the pursuit of physical perfection.

Valentino: The Last Emporor. A Film by Matt Tymauer. Santa Monica, CA: Phase 4 Films, 2009. DVD. A teenage boy entering the world of haute couture in the early ’50s, Valentino Garavani learned the ins and outs of the fashion industry and, eventually, became one of the world’s most celebrated fashion designers. Filmmaker Matt Trynauer offers an unprecedented look into the operations of Valentino’s fashion empire as well as the designer’s personal life.