

# 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* strips 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 childhood a globally traded commodity.

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## ADULT NONFICTION

### Global Modeling Industry

**Gross, Michael. *Model: The Ugly Business of Beautiful Women*. New York: It Books, 2011.** Investigative journalist Michael Gross takes us into the private studios and hidden villas where models play and are preyed upon, and tears down modeling's carefully constructed façade of glamour to reveal the untold truths of an ugly trade.

**Mears, Ashley. *Pricing 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

**Maine, Margo and Joe Kelly. *The Body Myth: Adult Women and the Pressure to Be Perfect*. Hoboken, NJ: John Wiley, 2005.** Using poignant real-life stories, *The Body Myth* explores the complex social, emotional, and cultural forces that perpetuate the

debilitating belief that a woman's self-worth is dependent upon how she looks, how much she weighs, and what she eats.

**Brumberg, Joan Jacobs. *The Body Project: An Intimate History of American Girls*. New York: Random House, 1997.** In *The Body Project*, historian Joan Jacobs Brumberg traces the shift of ideals from the Victorian concern with inner beauty to our modern focus on outward appearance. Utilizing diary excerpts and media images from 1830 to the present, Brumberg reveals how emphasis on external beauty affects the happiness of modern women.

**Raiten-D'Antonio, Toni. *Ugly as Sin: the Truth about How We Look and Finding Freedom from Self-Hatred*. Deerfield Beach, FL: Health Communications, 2010.** In *Ugly as Sin*, Raiten-D'Antonio explores the development of humanity's perceptions of ugliness and beauty and society's fear of being considered ugly. See how this problem is amplified in modern society's ever-changing rotation of beauty ideals.

### 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.

**Haywood, A.J. *Siberia: A Cultural History*. New York: Oxford University Press, 2010.**

Lauded by many as a cradle of civilization and condemned by others as a snow-covered "white hell," Siberia is a region containing bustling metropolises and stunning landscapes. A.J. Haywood explores both facets of Siberia, offering a detailed account of both man-made and natural landmarks.

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## ADULT FICTION

**Porizkova, Paulina. *A Model Summer*. New York: Hyperion, 2007.** Scrawny 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.

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## NONFICTION FOR YOUNGER READERS

**Kirberger, Kimberly. *No Body's Perfect: Stories by Teens about Body Image, Self-Acceptance, and the Search for Identity*. New York: Scholastic, 2003.** Through stories and poems written by real teenagers, *No Body's Perfect* helps young girls learn to accept, love, and appreciate their bodies and themselves.

**Willis, Laurie. *The Culture of Beauty*. Detroit: Greenhaven Press, 2011.** A part of the Global Viewpoints series, *The Culture of Beauty* provides contemporary perspectives from countries other than the United States on the subject of beauty and physical appearances.



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**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.

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## 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.

***The September Issue*. A film by Anna Wintour and Grace Coddington. Burbank, CA: Lionsgate, 2010. DVD.** Get a behind-the-scenes look as Anna Wintour, editor-in-chief of *Vogue*, and her creative team decide what to print on the pages of one of the most highly regarded fashion magazines in the world.

***America the Beautiful*. A film by Darryl Roberts. A Film by Darryl Roberts. Santa Monica: California. Xenon Pictures; Distributed by Xenon 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 Tynauer offers an unprecedented look into the operations of Valentino's fashion empire as well as the designer's personal life.

