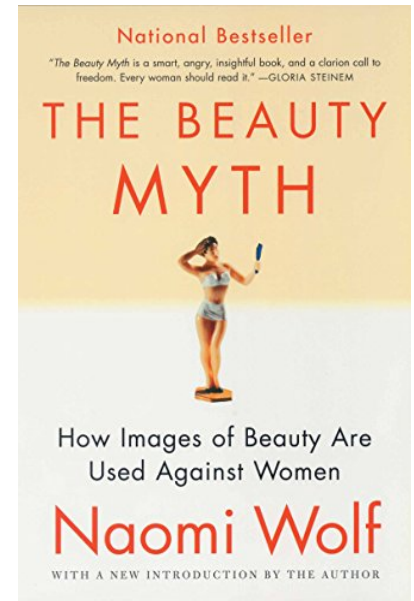


# The Beauty Myth Book Summary (PDF) by Naomi Wolf

Ready to learn the most important takeaways from The Beauty Myth in less than two minutes? Keep reading!



## Why This Book Matters:

The Beauty Myth talks to readers about the pressure put on women to possess a particular type of beauty despite who they are naturally and the effects this pressure has on the well-being of women.

## The Big Takeaways:

- 1. Beauty standards are just a way for society to continue to put women below men.**
  1. If Placing the expectation of beauty on women helps maintain the structure of the patriarchy.
- 2. Women are expected to be beautiful, even when they're doing their job.**
  1. An expectation to be physically presentable at work perpetuate the myth that women need to meet a standard of beauty at all times.
- 3. Commercials and other visual advertisements further the**

### **beauty myth.**

1. Only certain types of women are shown in advertisement, placing pressure on women to live up to what they see.

#### **4. The beauty myth hurts women.**

1. Not only are women hurt emotionally by the effects of the beauty myth, but there is an evident effect on their health as well as their pocketbooks.

#### **5. To eliminate the beauty myth, we must rethink our views on women.**

1. Women can free themselves of the beauty myth is acknowledging the things that make it worse.

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