



## The Full Body Project

*Leonard Nimoy (Photographs) , Natalie Angier (Preface)*

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In his provocative new book, photographer and actor Leonard Nimoy captures images of full-bodied women, some of whom are involved in what is known as the “fat acceptance” movement. “The average American woman,” Nimoy writes, “weighs 25 percent more than the models selling the clothes. There is a huge industry built up around selling women ways to get their bodies closer to the fantasy ideal. Pills, diets, surgery, workout programs. . . . The message is ‘You don’t look right. If you buy our product, you can get there.’” Leonard Nimoy, best known to the public from his role as Spock on Star Trek, has been a lifelong photographer. His work has been widely exhibited and is in numerous private and public collections. A previous book of his photographs, Shekhina, was published in 2002.

## The Full Body Project Details

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ISBN : 9780979472725

Author : Leonard Nimoy (Photographs) , Natalie Angier (Preface)

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## From Reader Review The Full Body Project for online ebook

### Northlake Library says

Just beautiful. The photograph that is used for the cover is my favorite because it also speaks to the second goal of the project, which is to capture the sisterhood shared by women (especially women of a stigmatized group). Nimoy's quote in the afterword sums it all up nicely: "If I meet God, I hope she's female. I'm touched by the power of women. I'm married to a feminist. And I'm troubled by the fact that women in our culture are congratulated most for losing weight."

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### Julie Bozza says

I first heard about this book following the recent sad news. Leonard Nimoy was a wonderful person - and still is, in many ways that matter. I loved finding this proof that he saw beauty and worth in all of us. So I immediately ordered a copy.

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### Megan says

This is a beautiful tribute to the female body.

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### S. says

Ok, so, I have listed two other books that hail the female body, but in my opinion this one superseded the others.

Let us first acknowledge that of all the creations under heaven next to life itself, the female body is truly the most beautiful and deserves praise and worship (if you truly understand worship outside of religious context - if not, "go read and learn")not just praise of it but praise to the divinity behind it as well.

This book by none other than Spock himself (Leonard Nimoy)deduces the idea that only one type of female is noted beautiful! Our most precious gift so abused, misused, perverted and dejected (women) have struggled so long with their personal beauty, regardless of their race, religion or creeds, and men have so assisted if not been directly responsible for their trials and tribulations in this arena of self acceptance and beauty.

This book will end on my shelf or rare books, why? simply it's statement! It's a shame Earth's most precious gift has to disrobe to prove a point and still face dejection and negative comment by self centered individuals, but that is life in this continuum.

If nudity does not bother you, and body image is not a sinful or preset haram idea, this is one you should own.

The others in my opinion are no more than soft porn! Expensive male "jack packs".

Separating Art from non art... sometime the lines get blurry.

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### **Cathy says**

This is a very different book than Nimoy's first book of photographs, *Shekhina*. Not for the obvious reason that this is a book of pictures of overweight women, whereas *Shekhina* featured slender and athletic women. But because it tells a very different story. *Shekhina* is an expression of Nimoy's vision of women as spiritual and earthly beings and relates those feelings to his religious beliefs. It was internally inspired. This book was generated by meeting at one of Nimoy's exhibits. A model approached him and asked him if he would be interested in working with her. She was a full-bodied woman. He made some photos and included them in subsequent presentations. This generated enough interest that Nimoy was inspired to explore this topic further.

The models in the book come from a group of performers and activists who are interested in "fat liberation and size acceptance." They are all chubby+ to quite overweight. They are confident and proud, and that comes across in the photos. This is not a book about whether or not fat is healthy, or ugly or beautiful, not really. It's about whether or not these women are beautiful. Nimoy seems to have discovered a new way of perceiving beauty, and his appreciation comes across. But this book isn't his story, it's really theirs. Nimoy feels more like the observer than the creator. *Shekhina* felt like peering into a window into someone's home; this feels like looking out into the world and discovering a new perspective. Very different, both enjoyable, and perhaps more so in contrast to one another.

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### **Melynda Yesenia says**

you may not have known he was a photographer at all and then it turns out he's taking pictures of good-looking fat women?

sweet.

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### **Wes Bishop says**

Saw this on the Colbert Report. Very interesting idea, I'm glad Nimoy put it out.

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### **Kim says**

If I didn't already love Nimoy, this book would have tipped it in his favor. I am a full bodied woman (I LOVE that term and embracing it fully) so I am always looking for positive images of women and men like myself not only for my advocacy group, but for myself as well. Nimoy produced a black and white art work with this book, using full bodied women, dancing, posing, and recreating some famous nude works, all while having them look at the camera. No shame, no sex, no camp, just women who are not a social norm of beauty challenging what you think beauty is, and what is, is wonderful.

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## **April says**

The size acceptance movement and Leonard Nimoy--an unexpected yet killer combo. This book was just great because the models were able to be proud of their bodies and offer a more realistic portrayal of beauty. As I went through the book I was challenged as I noticed my initial reaction of repulsion at their cellulite and rolls of fat. Towards the end I started to appreciate these women as beautiful, especially because I could tell that THEY thought of themselves as beautiful. I'm far from being "liberated" from being a slave to thinness but this book is helping me get there.

Also kudos for including a couple of women of color.

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## **Kelly H. (Maybedog) says**

I appreciate what Nimoy is trying to do and laud him for taking a stab at people's biases. But it is clear to me from this book that he is still afraid of fat women. There are only a couple of photos that can in anyway be consider sexy or even sensual. Most of them are group shots as if he were afraid to be alone with one of them. Almost all of them have the women dancing around or standing around looking happy and kind of inane. A few like that would be fine but a whole book? I wanted beautiful art photos where the subjects are fat women. I wanted women looking pensive, introspective, elated, sad, etc. I wanted the same types of photos taken of skinny models but with "full" bodied women instead. Basically, these were mediocre photos with no depth or interest other than the fact that the models were not the usual. Rubens made real women, both HWP and fat, beautiful. Why can't a modern day photographer?

This was a great idea that fell horribly short.

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## **Narzain says**

Beautiful. Simply beautiful. That applies to the models, the concept, and the execution of this book of photography. The subjects, who encompass a wide range of beauty, are unapologetic about who they are and what they look like. Each pair of eyes looking directly into the camera says "Yes, I'm beautiful. Agree, or don't, that's on you."

I applaud Nimoy's view of real women, and have gained even more respect for him.

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## **Ann Santori says**

Just beautiful. The photograph that is used for the cover is my favorite because it also speaks to the second goal of the project, which is to capture the sisterhood shared by women (especially women of a stigmatized group). Nimoy's quote in the afterword sums it all up nicely: "If I meet God, I hope she's female. I'm touched by the power of women. I'm married to a feminist. And I'm troubled by the fact that women in our culture are congratulated most for losing weight."

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**Emily says**

After Mr. Nimoy's death, I discovered this project while reflecting on his many talents. I discovered him through Star Trek, as many others did. When I heard about this project and his goals and message behind it, as a full bodied woman, it excited me. After research, I discovered I could purchase a signed copy of this book through an art gallery. I don't regret that decision in the least. The images are light-hearted and fun, sensual and sweet, and Nimoy captures them in their full beauty. My favorite is the one modeled after Dancers, and many of the photos had me smiling with the women in them, or feeling teary and pleased with their pride in their bodies. Definitely a purchase I don't regret.

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**Katy says**

The photos are nice enough, and I'm convinced of the man's sincerity, but I can't shake the sense that this is all about Len being OK with big naked ladies, and not all that much about how incredible these bodies can appear.

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**Jessica says**

Beautiful and thought provoking and wonderful.

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