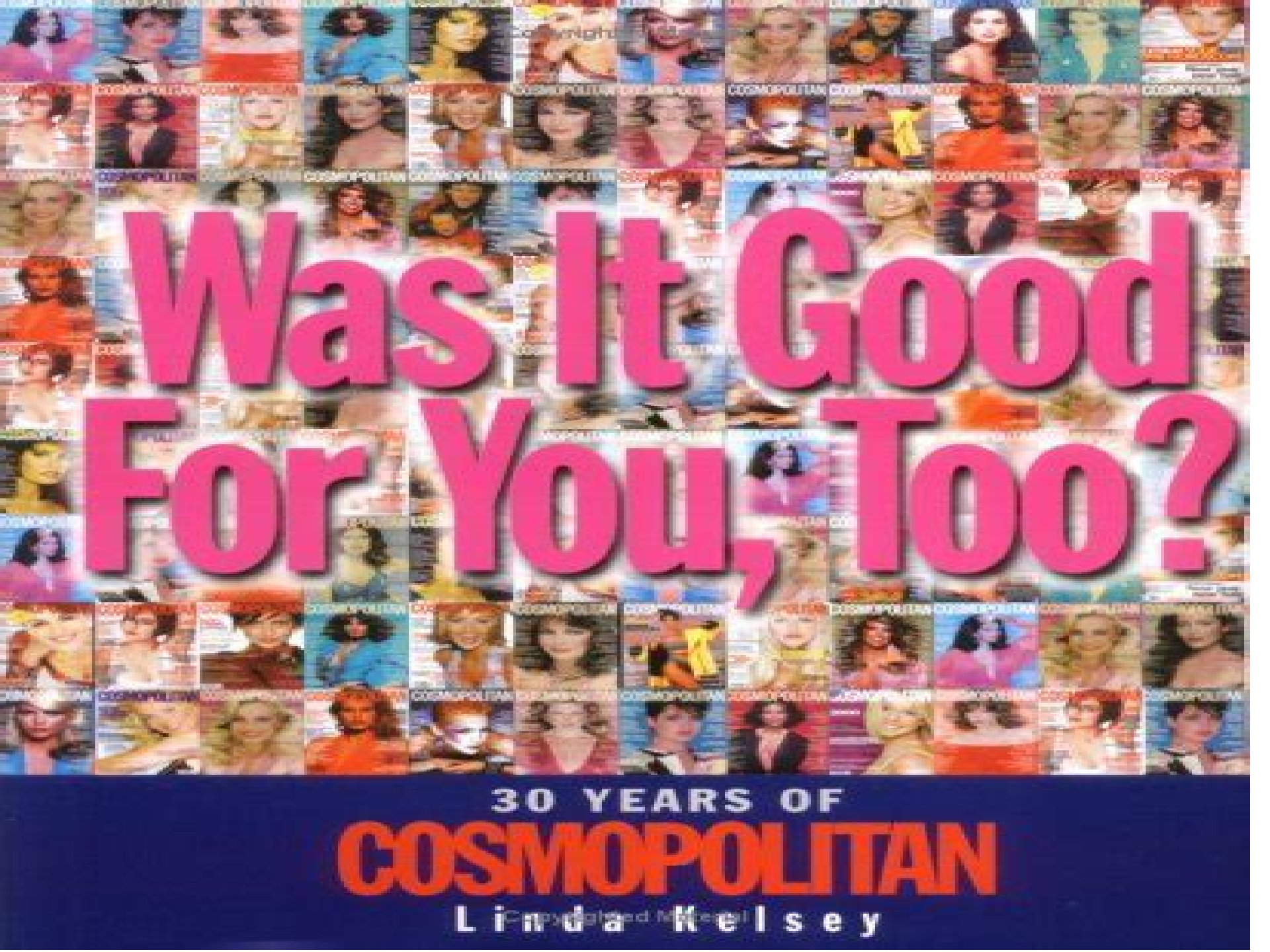




Was It Good For You, Too?

30 YEARS OF
COSMOPOLITAN
Linda Kelsey

Was It Good For You Too 30 Years Of Cosmopolitan

Michael Seilmaier



Was It Good For You Too 30 Years Of Cosmopolitan:

Feminism, UK Women's Magazines and the Women who Created Them, 1975-1992 Sharon Maxwell Magnus, 2025-06-30

This book analyses how reproductive rights and sexual freedoms the political sphere women's role in the workplace and sexual violence were positioned and depicted by three magazines with very different demographics Spare Rib Cosmopolitan and Woman's Own The 1970s and 1980s were a time of enormous cultural shifts for women The rise of the feminist Women's Liberation Movement ground breaking equality legislation and greater reproductive freedoms impacted on most women's lives in a plethora of ways However until now there has been little attention to how those changes were disseminated to and framed within women's media This is because most media of the period were run by men for men and focused on men's lives However within women's magazines the changes in women's lives and feminism itself were framed debated and contested This volume features unique interviews with the influential women who produced the magazines Spare Rib Cosmopolitan and Woman's Own and who give insights into the national and international events ideologies and constraints which impacted on their content creation This book will be of great value to contemporary historians students of gender and cultural studies media scholars and those who are interested in finding out how feminism influenced their parents and their own generation

Was it Good for You Too? Linda Kelsey, 2003 **Special Crops** , 1902 The Cosmo Bikini Diet Holly Corbett, The

editors of Cosmopolitan, 2013-12-31 The Cosmo Bikini Diet is a weight loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied moody and hungry for real In fact it makes eating well and working out actually feel well enjoyable This 12 week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle Monthly real world eating plans Hot ideas to up the feel good moments in your day so you don't use food as a quick fix and more You'll lose up to 15 pounds or more in 12 weeks without feeling deprived The meal plans were specially designed by Molly Morgan RD Board Certified Sports Specialist Dietitian the owner of Creative Nutrition Solutions and author of The Skinny Rules and includes dozens of easy recipes Each week the reader learns a new get skinny secret like how to fuel up on the right carbs slash sneaky sources of sugar choose foods that will flatten your tummy Then customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt arms belly and more The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans but about feeling light and lean and strong It's about getting there without abusing your body with extreme dieting and exercise It's about eventually walking around whether in a bikini or not with confidence knowing that you are the healthiest you that you can be **Cosmopolitan** , 1920 **The American Legion Monthly** American Legion, 1927 **New York Magazine** , 1995-11-27 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent

mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **The Cosmopolitan** ,1921 **Hearst's International Combined with Cosmopolitan** ,1927

The Country Gentleman ,1909 Social Justice, Activism and Diversity in U.S. Media History Teri Finneman,Erika Pribanic-Smith,2023-05-12 This book offers a diverse approach to journalism history told from a multimedia perspective re examining mainstream stories and highlighting contributions that are often overlooked Bringing together a team of prominent journalism historians the volume centers race and ethnicity gender and sexuality class religion disability mental health and generations to tell forgotten stories of journalism s historical influence The book is designed to appeal to Generation Z college students offering budding mass communicators a valuable tool that addresses gaps in historical pedagogy and fosters representation in the classroom Each chapter contains access to video and podcast extras chapter summaries guides to further reading and suggested activities to bring these narratives alive and keep readers engaged Interactive and accessible Social Justice Activism and Diversity in U S Media History is an indispensable resource for Generation Z scholars in mass communication and American history journalists and general readers **Cosmo's Sexiest Beauty Secrets** Andrea Lavinthal,2008 Offers insider tips on everything from attaining a flawless complexion to creating sexy hairstyles to working the latest make up trends The Improbable First Century of Cosmopolitan Magazine James Landers,2010-11-01 Today monthly issues of Cosmopolitan magazine scream out to readers from checkout counters and newsstands With bright covers and bold sexy headlines this famous periodical targets young single women aspiring to become the quintessential Cosmo girl Cosmopolitan is known for its vivacious character and frank explicit attitude toward sex yet because of its reputation many people don t realize that the magazine has undergone many incarnations before its current one including family literary magazine and muckraking investigative journal and all are presented in The Improbable First Century of Cosmopolitan Magazine The book boasts one particularly impressive contributor Helen Gurley Brown herself who rarely grants interviews but spoke and corresponded with James Landers to aid in his research When launched in 1886 Cosmopolitan was a family literary magazine that published quality fiction children s stories and homemaking tips In 1889 it was rescued from bankruptcy by wealthy entrepreneur John Brisben Walker who introduced illustrations and attracted writers such as Mark Twain Willa Cather and H G Wells Then when newspaper magnate William Randolph Hearst purchased Cosmopolitan in 1905 he turned it into a purveyor of expos journalism to aid his personal political pursuits But when Hearst abandoned those ambitions he changed the magazine in the 1920s back to a fiction periodical featuring leading writers such as Theodore Dreiser Sinclair Lewis and William Somerset Maugham His approach garnered success by the 1930s but poor editing sunk Cosmo s readership as decades went on By the mid 1960s executives considered letting Cosmopolitan die but Helen Gurley Brown an ambitious and savvy businesswoman submitted a plan for a dramatic editorial makeover Gurley Brown took the helm and saved Cosmopolitan by publishing articles about topics other women s magazines avoided Twenty

years later when the magazine ended its first century Cosmopolitan was the profit center of the Hearst Corporation and a culturally significant force in young women's lives The Improbable First Century of Cosmopolitan Magazine explores how Cosmopolitan survived three near death experiences to become one of the most dynamic and successful magazines of the twentieth century Landers uses a wealth of primary source materials to place this important magazine in the context of history and depict how it became the cultural touchstone it is today This book will be of interest not only to modern Cosmo aficionadas but also to journalism students news historians and anyone interested in publishing The Cosmopolitan Student ,1914 *Normal Instructor and Teachers World* ,1924 *National Hotel Review* ,1927 *Cosmopolitan Baroque* Bianca M. Lindorfer,2024-10-15 This book examines the cultural relations between the Spanish and Austrian Habsburg monarchies in the seventeenth century and explores the central role of transnational aristocratic networks in cultural transfer processes between Spain and Central Europe It tells the story of Central European aristocrats who embraced new foreign fashions commodities and practices to demonstrate their wealth and superior social position thereby contributing significantly to the emergence of a cosmopolitan aristocratic Baroque culture It shows that a new type of aristocrat emerged during this period the cultured and educated aristocratic connoisseur who knew how to use cultural imports and practices for his own strategic ends However the book also shows that not everyone was equally enthusiastic about the growing cultural imports but that the boundaries between acceptance and rejection were often fluid Covering a wide range of topics that span from early modern luxury consumption and food culture to collecting painting and the emergence of early modern aristocratic libraries the book will appeal to a broad academic audience including social and cultural historians art historians and cultural anthropologists alike With its transnational scope the book will be relevant to scholars interested in exploring the cosmopolitan nature of the early modern aristocracy also beyond the Austrian Habsburg monarchy Cosmopolitan Helen Gurley Brown,1994-10 Normal Instructor ,1909 **The Printing Art Sample Book** ,1917

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physics the doppler effect or doppler shift is the change in the frequency of a wave due to the relative motion between the wave source and an observer for example an approaching siren has a higher pitch and a receding siren

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web nov 22 2021 the doppler effect is the apparent change in frequency of a wave as the source of the wave is moving toward or away from an observer or the vice versa any object that emits waves such as sound

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web the doppler effect states that if two objects are moving closer together perceived frequencies for emitted waves will be higher if you are jogging away from the car at but the car is traveling at a star emits visible color at if the star is moving away from a stationary observer which of the following cannot be the wavelength observed

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web the doppler effect occurs not only for sound but for any wave when there is relative motion between the observer and the source doppler shifts occur in the frequency of sound light and water waves for example doppler shifts can be used to determine velocity such as when ultrasound is reflected from blood in a medical diagnostic

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web solution velocity of observer $v_o = 5 \text{ m/s}$ velocity of sound $v_s = 340 \text{ m/s}$ according to doppler's effect frequency ν over $\nu_0 = 340 \text{ m/s}$ $f = 335 \text{ Hz}$ 335 Hz 20 Hz 350 Hz 324 Hz 26 Hz example solve problems on doppler effect where non linear motion is