

Cinematherapy Goes To The Oscars: The Girls Guide to the Best Movie Medicine Ever Made by Beverly West



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Get ready for some of the best movie medicine ever made.

The smash hit womens film guide Cinematherapy taught women that comfort, self-acceptance, inspiration, and humor were no farther away than the video store - and inspired the daily primetime show on the WE Network (Womens Entertainment). Now the authors are back with a Cinematherapy take on the Oscar canon and how these award-winning films serve not only as a celluloid pharmacy but also as a window into ourselves, our relationships, and our times.

Starting with the present and working backward by decade, Cinematherapy Goes to the Oscars uncovers the grand themes of each decades award-winning films, from the Father Issue films of the seventies, with their ambiguous father figures (Patton, Kramer vs. Kramer) to bad girls acting out for disapproving fathers love (Klute, Cabaret), to the Unsung Hero films of the fifties (On the Waterfront, The African Queen). Along the way there is great dish on who wore what on the Red Carpet, who said what in their acceptance speeches, and party tips for throwing a four-star Oscar bash, as well as returning popular sidebars like the Handy Hunk Chart.

As the first female take on these sacred cows of the Silver Screen, focusing on the moments, messages, leading ladies, and supporting men that matter to us most, Cinematherapy Goes to the Oscars is the ultimate indulgence for every woman ready to curl up and take charge of her own remote control.

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