

# Bodies and Souls: The Century Project


By Frank Cordelle


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### Editorial Review

#### Review

By confronting society's greatest taboos, Oakland photographer Frank Cordelle has created something truly extraordinary. --Lauren Gard, "What's wrong with this picture?", East Bay Express, Dec. 6, 2006

Don't cover your eyes. The women who appear in Bodies and Souls: The Century Project (Heureka Productions) want you to see them---really see them---in all their naked humanity... Women...celebrate their perfectly imperfect bodies and themselves. --"Reading room," O, The Oprah Magazine, March 2007

Each photo...has a story to tell. Most of the photographs are accompanied by a personal statement by the woman herself about why she is posing, and these statements are what give the exhibition its kick. Some of the stories are heartwarming; some are heartbreaking. More than one woman viewing the exhibition has been moved to tears by the photographs and stories of the courageous women who have posed in front of Cordelle's lens. The book is well worth buying. --Renée Stephen, "Women through the ages," Independent Voice XVI:1, February 2007

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#### From the Inside Flap

How likely is it for photographs and words of naked girls and women to illuminate, even heal? How likely is it for a man to have made those photos?

Tens of thousands of people have seen exhibitions of Frank Cordelle's Century Project and been overwhelmed by it. They have laughed, they have cried. Some have hurriedly left the exhibition space--and returned, with every friend and family member they could find.

\* \* \* \* \*

What are these girls and women doing here? They are exposed--but so are we. What are they telling us? *See us and hear us, for our bodies and souls are your revelation.*

They eliminate any pretense, from viewers as well as themselves, by their personal physical and emotional disarmament. That on its own defuses concern over nudity. The nudity here does not suggest degradation or immorality but embraces sincerity and valor. It represents both vulnerability and strength.

The people in The Century Project may be funny or sad, placid or severe. Many reveal calm or exulting spirits, refusing to be embarrassed about their lives, refusing to be ashamed of their bodies.

\* \* \* \* \*

On seeing The Century Project, some women contemplating breast augmentation have suddenly and explicitly rejected it. Abused women have felt able for the first time to talk about their issues. Older women have accepted their radiant selves.

The Century Project has, in fact, saved lives.

And men? They may come to this work expecting salacious entertainment. Many leave stunned by the honesty they see, the struggles and triumphs of lives they might never imagine.

\* \* \* \* \*

This book is haunting and provocative, deeply so. No one encountering The Century Project is likely to forget it. So confront it in your own way, and be challenged, even shocked--into recognition and resolve.

From well beyond these pages, the people in them direct us to peace and hope, to life in its transcendent dignity. The Century Project is ultimately about the indomitable human spirit. Trust women to reveal it--and an astounding artist to present it, and unbind us all.

From the Back Cover

***Bodies and Souls: The Century Project*** presents a chronological series of nude photographic portraits of more than 90 diverse girls and women of many ages, shapes, sizes, and conditions, plus their personal statements about their bodies and experiences.

\* \* \* \* \*

**"I never saw anything more compelling in my entire life."** So wrote one woman on seeing The Century Project in 2000. In the project's exhibitions across North America, it has earned high praise indeed:

"You are an unbelievably brave man. THANK YOU--so, so much. I work with teen girls who are struggling with eating disorders, self injury, sexual abuse history, drug addiction, physical abuse--you name it--and what I really want to do now more than anything is to magically transport them all here and just watch them see your exhibit. Just sit and watch. Thank you."

"I think you should have the boxes of tissues start earlier in the exhibit. ;-) I don't cry. Well, I do, but not in public. But I did. There are no words to describe this, yet I still have to try and tell you how this may be the most incredible exhibit I will ever see in my life. You present a STRENGTH to women, even during/after some of their weakest times. This I will never forget."

"We have a brief time in this life, and it is the rare individual who breaks out of the day to day and moves to add something beautiful, strong, and curative to life. You have done a great thing."

"I came expecting to be uncomfortable. What right had you, a man, to try and help women understand their bodies? I left in awe. Thank you."

"This is the most moving art exhibit I have ever seen. I was not expecting to sit down to write with tears in my eyes..."

"Something not many college kids are exposed to: nudity without sex. I hope it opens their eyes."

"Best use of a camera I've ever seen."

"At first, it was strange to see women of all ages, physiques, and backgrounds fully naked--nothing protecting them from the world. As I went around the room, the nudity became less and less important. The personalities of the women became what stood out most. I felt my countenance change as I moved from one picture to the next. This exhibit made me think how it really is our inside that makes us who we are, not our outside."

## **Users Review**

### **From reader reviews:**

#### **Ernest Baker:**

Now a day those who Living in the era wherever everything reachable by talk with the internet and the resources inside can be true or not involve people to be aware of each facts they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Studying a book can help individuals out of this uncertainty Information especially this Bodies and Souls: The Century Project book since this book offers you rich facts and knowledge. Of course the info in this book hundred percent

guarantees there is no doubt in it everybody knows.

**Jill Vaughn:**

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Bodies and Souls: The Century Project can be fine book to read. May be it can be best activity to you.

**Tracy Painter:**

The book untitled Bodies and Souls: The Century Project contain a lot of information on this. The writer explains the girl idea with easy way. The language is very clear to see all the people, so do definitely not worry, you can easy to read that. The book was published by famous author. The author gives you in the new time of literary works. You can easily read this book because you can keep reading your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice read.

**Jennifer Williams:**

What is your hobby? Have you heard in which question when you got learners? We believe that that query was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you know that little person including reading or as studying become their hobby. You need to know that reading is very important and book as to be the issue. Book is important thing to increase you knowledge, except your current teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you go onto be your object. One of them is Bodies and Souls: The Century Project.

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