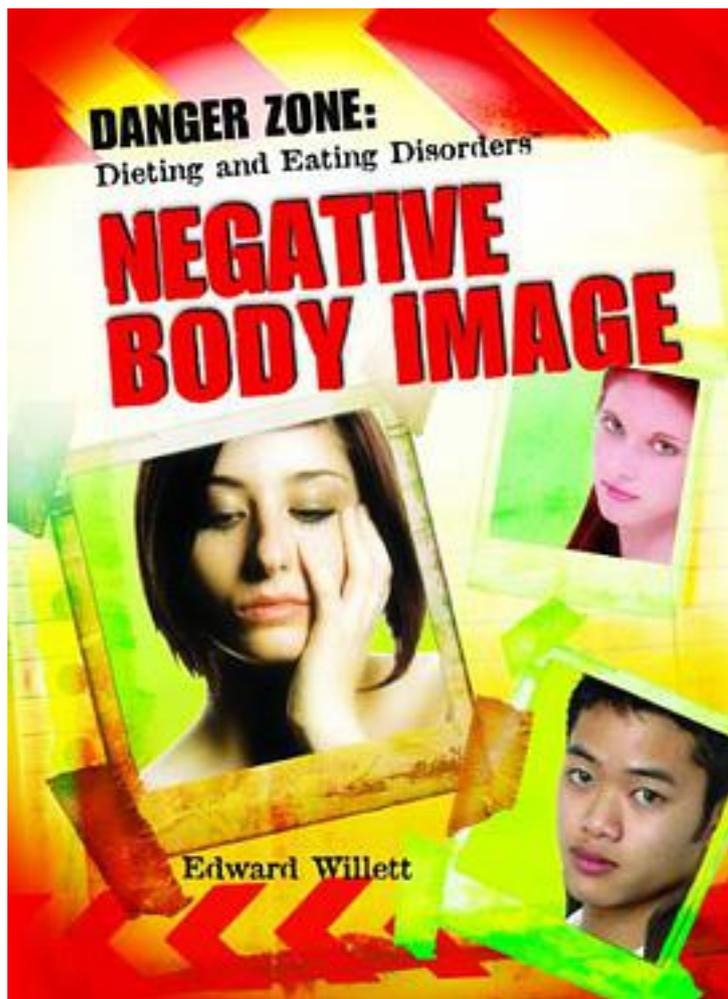


Understanding Negative Body Image



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出版者:Rosen Pub Group

出版时间:1999-1

装帧:LIB

isbn:9780823928651

For today's teens, self-esteem is inextricably connected to body image. This series provides teens with crucial information about eating disorders, body image, and

health. Its body-positive message will boost teens' self-esteem and help them learn to love their bodies. Our culture is obsessed with weight, shape, and body image. For many teens, that obsession, and the constant cultural messages they receive about the ideal body shape, can contribute to negative feelings about their own bodies. This book explores the wide-ranging causes and harmful consequences of a negative body image and suggests practical techniques that teens can use to develop a more positive sense of their bodies.

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