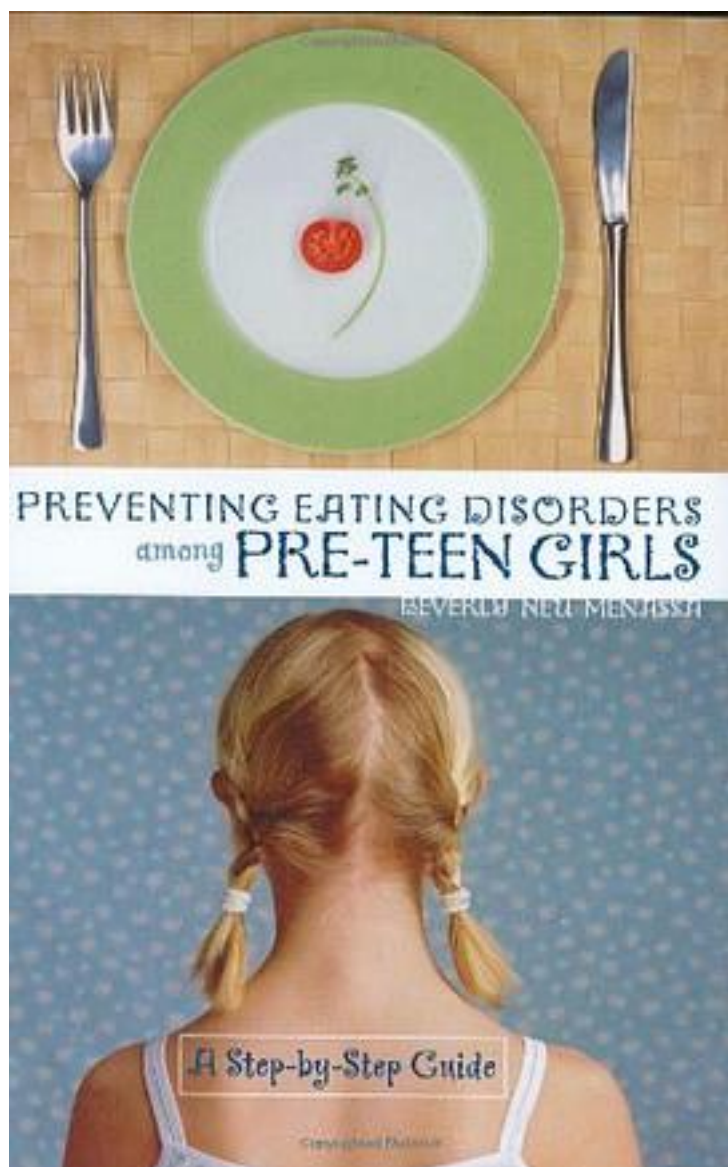


# Preventing Eating Disorders Among Pre-Teen Girls



[Preventing Eating Disorders Among Pre-Teen Girls\\_ 下载链接1](#)

著者:Menassa, Beverly Neu

出版者:Greenwood Pub Group

出版时间:2004-6

装帧:HRD

isbn:9780865693326

A must for parents, teachers and counsellors, this book targets pre-adolescent girls aiming to engage them in educational activities that will empower them to avoid eating disorders. The author examines eating disorders from sociocultural and feminist perspectives - showing how disorders are most often caused by overexposure to media messages, an unrealistic cultural fascination with thinness, by continuous analysis of our bodies and a disordered cultural view of food. The author presents a 10-session guide to prevention that engages girls in activities to spur and encourage their independent thinking and reasoning. For example, girls become watchdogs of the media and write to companies that present women in a negative light in their advertisements. The girls challenge ingrained beliefs and replace them with healthier ones. Preadolescence is a time when girls' minds are open and they are willing to challenge established activities, such as media presentations. Once girls hit puberty, many will have already developed behaviours associated with eating disorders; many will have been on several diets; therefore, beginning the work to decode and combat harmful messages before that stage is crucial.

作者介绍:

目录:

[Preventing Eating Disorders Among Pre-Teen Girls 下载链接1](#)

标签

评论

-----  
[Preventing Eating Disorders Among Pre-Teen Girls 下载链接1](#)

书评

-----

[Preventing Eating Disorders Among Pre-Teen Girls 下载链接1](#)