

The Body Image Workbook An Eight Step Program For Learning To Like Your Looks

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Brief Summary of Book: The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks by Thomas F. Cash. Here is a quick description and cover image of book The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks written by Thomas F. Cash which was published in 1990-.

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At best, these body-image issues can be unpleasant and distracting from the goal of being healthy and happy. At worst they can lead to serious mental health problems like body dysmorphic disorder (BDD) or eating disorders such as anorexia or bulimia nervosa. This revised edition of a classic workbook presents a complete approach to dealing with body image issues.

The Body Image Workbook : Thomas Cash : 9781572245464

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The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look. As you complete the helpsheets in this book, you'll learn to celebrate your body instead of feeling ashamed of it.

The Body Image Workbook: An Eight-step Program for ...

Body Image Workbook: An 8-Step Program for Learning to Like Your Looks (Thomas F. Cash, PhD, New Harbinger Publishers, Oakland, CA; 1997, 221 pp., paperback, \$17.95) Thomas Cash, one of the most productive academic researchers in the area of body image, offers a very-well-conceptualized and well-executed workbook focusing on this area.

Body Image Workbook - Eating Disorders Review

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The Body Image Workbook offers a clear road map to understanding body image problems and relieving them."--Linda Wells, editor-in-chief, Allure magazine, former beauty editor, New York Times "Cash has produced an excellent revision of The Body Image Workbook. The content is clear, appropriate, and based firmly on published research evidence.

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In The Body Image Workbook for Teens, you'll find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others.

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