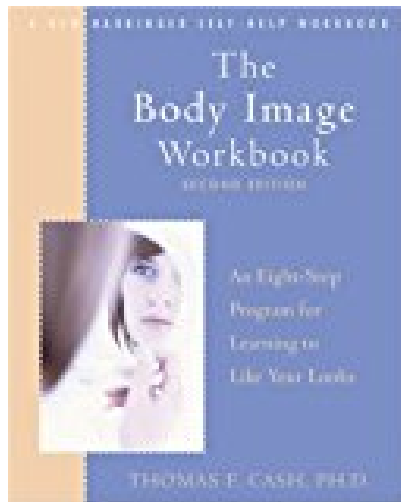


The Body Image Workbook An Eight-Step Program for Learning to Like Your Looks



BOOK DETAILS

- Author : Thomas F. Cash
- Pages : 216 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN :

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BOOK SYNOPSIS

Americans boast the largest waistlines in the world, suffering from epidemic levels of obesity, diabetes, hypertension, and heart disease. Britain is not far behind and other nations with first-world affluence are all wrestling to varying degrees with this problem too. Even countries in the earlier stages of industrialization are starting to get caught up in the battle of the bulge. Despite the fact that we are all, on average, quite overweight, our cultural media promotes a "cult of the thin and beautiful". All of us are bombarded with images and messages all day that lead many to unhealthy obsessions with the shape of their bodies. 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. It includes new evidence that confirms the effectiveness of its cognitive behavioural approach. The book presents new discussions of cosmetic surgery, weight loss, and other body-fixing options, as well as information for persons with physically disfiguring conditions. A major shift in this edition orients this book with others grounded in the tradition of mindfulness and acceptance.

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