

“Adultish: The Body Image Book for Life is an excellent resource on body image for people of every age! Dr. Charlotte Markey has done a remarkable job of synthesizing research and connecting her readers to experts in the field, to create a very readable, understandable and thorough discussion of all topics on body image today. I am very grateful to Charlotte for bringing this must-read book into the world.”

DENISE HAMBURGER, BE REAL Founder & Executive Director

“Feeling good about your body – or even at peace with it – has never been more challenging. Dr. Markey’s book combines powerful personal stories, expert voices, and the latest research on a range of topics that affect body image. Her compassionate tone and interactive self-reflection exercises will make this a supportive and useful guide for young adults navigating the world’s appearance pressures.”

OONA HANSON, Parent Coach and creator of Parenting Without Diet Culture

“Adultish: The Body Image Book for Life, written by distinguished researcher, educator, and multifaceted advocate Dr. Charlotte Markey, uses her characteristically kind, compassionate, clear, and authoritative style to provide a focused yet flexible set of principles and practices for escaping this debilitating trap. This book will inspire you to re-envision and respect your body.”

MICHAEL P. LEVINE, PhD, FAED, co-author of *The Prevention of Eating Problems and Eating Disorders*

“Adultish is packed full of cutting-edge knowledge and evidence-based, achievable strategies that can improve how you think and feel about your body and shape how you care for, nourish, and move your body. You’ll realize why working toward a more positive body image can enhance your life in other ways you may not have even considered – such as your relationships, confidence, health, well-being, body trust, self-compassion, and joy in life itself. From beginning to end, you’ll learn to decipher myths from facts when it comes to eating, body image, and health. It is certainly an impactful read!”

TRACY TYLKA, PhD, FAED, Body image researcher, Editor of *Body Image* and coauthor of *Positive Body Image Workbook: A Clinical and Self-Improvement Guide*

“Charlotte Markey has done it again! She has become the go-to resource on accessible content about body image. This book reads like a love letter to adolescents and young adults about how to care for their bodies to build and maintain body confidence. It’s an incredibly thoughtful, robust guide to the connection between how we fuel ourselves, the ever-changing messages imposed by the world, and our physical and mental health.”

CARA NATTERSON, MD, Pediatrician, *NY Times* best-selling author, founder of puberty positive company Order of Magnitude

“In the non-shaming voice of a knowledgeable best friend, Charlotte Markey helps us to understand that the baggage we carry about our bodies is not our fault. At the same time, she reminds us that cultivating a healthy adult relationship with our bodies is in our power. In *Adultish*, Dr. Markey emboldens us to sluff off the weight of negative body culture and embrace trust, self-love, and appreciation for different shapes and sizes. It’s in these changes that we truly feed us all.”

DR. ROBYN SILVERMAN, national best-selling author of *How to Talk to Kids about Anything*

“Dr. Markey does it again! It’s another book that can help guide folks through confusing years of life – this time, the adult ‘ish’ ones. She starts by letting her readers ‘in’ that she had similar eating and body image confusions in her own adultish years. And as I read, I could feel that guiding her content. So, for a path to understanding what science currently says about eating, increasing body- and self-acceptance, discerning many nuances of ‘healthy’ habits, and outmaneuvering social media’s impact, *Adultish* is an important, useful, and empowering read.”

ALLI SPOTTS-DE LAZZER, author of *MeaningFULL: 23 Life-Changing Stories of Conquering Dieting, Weight, & Body Image Issues*

“In a society where so much misinformation about health is swirling around and the conversation about ‘wellness’ has become more and more confusing, this book is a breath of fresh air and should be a requirement for all to read. I love the way Dr. Charlotte Markey provides insight, empathy, education, and action items in this incredible book. One I will be recommending to all my clients!”

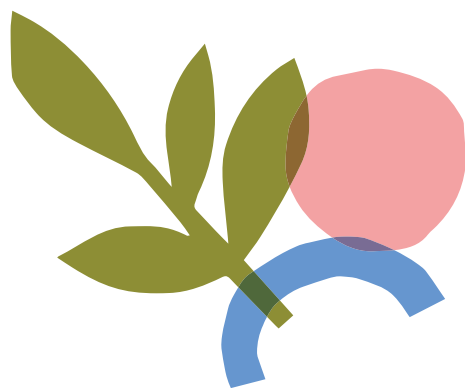
JENNA WERNER, Registered dietitian and owner of Happy Strong Healthy

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ADULTISH

The Body Image
Book For Life



Dr. Charlotte Markey

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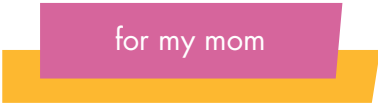
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for my mom

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