

THE  
BODY  
IMAGE BOOK  
FOR GIRLS

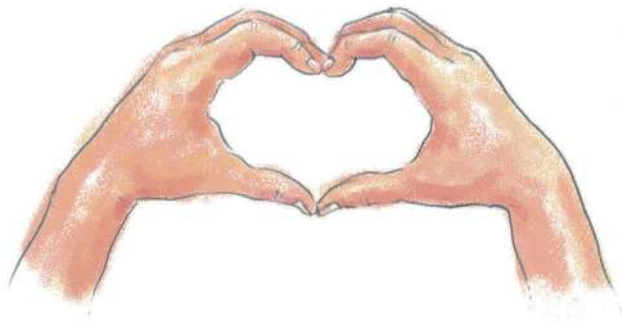
UPDATED EDITION

★ ♥

LOVE YOURSELF AND  
GROW UP FEARLESS

DR. CHARLOTTE MARKEY

ILLUSTRATIONS BY TIM OLIVER



Shaftesbury Road, Cambridge CB2 8EA, United Kingdom  
One Liberty Plaza, 20th Floor, New York, NY 10006, USA  
477 Williamstown Road, Port Melbourne, VIC 3207, Australia  
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre, New Delhi – 110025, India  
103 Penang Road, #05-06/07, Visioncrest Commercial, Singapore 238467

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Every effort has been made in preparing this book to provide accurate and up-to-date information that is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors, and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors, and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

♥ For Grace, always ♥

An empowering, practical guide to help girls navigate the challenges of growing up and the many appearance pressures that can bring, this is a comforting, reassuring book that will benefit young and old alike. This is not another book written by an adult telling kids how to deal with things. It includes the voices and experiences of real young people, reducing the stigma and shame that can come with body image insecurities. It's packed with easily digestible, evidence-based advice and information, making a vast and nuanced topic accessible for all.

*Molly Forbes, Founder and Executive Director of The Body Happy Organisation*

Charlotte Markey has given a great gift to the world: a trusted guide to help girls feel good in their own skin and take care of their bodies rather than be at war with them. And this new edition couldn't have come at a better time, as young women are being bombarded with appearance pressures and wellness misinformation like never before. I wish everyone with a daughter could hand her this book.

*Oona Hanson, Educator and Parent Coach*

This book gives girls powerful, evidence-based tools that they can use to feel more positively about their bodies, take good care of themselves, and be agents for positive change in the world. These are important skills that they will carry with them throughout their entire lives.

*Dr. Jessica M. Alleva, Assistant Professor of Psychology, Maastricht University, the Netherlands*

Dr. Markey clearly knows how to motivate girls to rebel against harmful ideals and be more conscious, critical media consumers. Within the pages of this book, girls will find all the information they need to live more healthfully and happily.

*Lexie and Lindsay Kite, PhDs and co-founders of Beauty Redefined*

Dr. Markey has created an evidence-based, fun, and engaging book for girls. Each chapter addresses a critical body image issue and contains beautiful illustrations and valuable information in a readable, fun format. Body image is on all girls' minds and they need information on how to process it. Dr. Markey discusses this issue in a positive, health-oriented, down-to-earth way that is appealing to girls. Finally we have an excellent resource to share with girls about their bodies. Every girl should read this book!

*Dr. Meghan Gillen, Associate Professor of Psychology, Penn State Abington*

If you have a body, which I suspect you do, then you stand to learn something from *The Body Image Book for Girls*. Dr. Charlotte Markey expertly translates a complex body of scientific research into this accessible and beautifully illustrated book, interweaving the science of body image with the lived experiences of real girls.

*Jamie Dunaev, PhD. Rutgers University, Camden*

I enthusiastically recommend Dr. Markey's body image book for girls. This research-based book teaches girls how and why to appreciate their bodies. Girls will learn to resist the potentially negative influences of cultural encouragement of body comparison, the diet industry, and image-based social media with an informed and positive mindset. Chapters on the enjoyment of healthy food, the benefits of exercise, and the value of mindfulness activities offer girls many ideas for creating a positive body image. Each chapter is written in a concise, focused manner with goals and summaries to make the points clear. The solid research base is enlivened with illustrations, stories from real girls, and the debunking of common body-related myths. Dr. Markey provides references for more information, and a helpful glossary of important terms. Girls should leave this book feeling empowered to "be the change," as Dr. Markey encourages in the last chapter.

*Sarah Murnen, Professor of Psychology, Kenyon College*

This book uses scientific research to educate girls about the changes they will experience through puberty and to make recommendations about how they can care for their body. It treats girls as smart and capable and addresses issues girls face every day, for example, social media and dieting. Girls will gain useful tools for developing a positive view of their body and establishing healthy habits around eating and exercise. They will also learn strategies for staying positive about their own body despite social pressures about appearance. This book is a highly valuable resource that will help girls appreciate their bodies.

*Elizabeth A. Daniels, Ph.D., Associate Professor of Psychology, University of Colorado*

Charlotte Markey offers a comprehensive, direct and supportive guide for girls to build positive relationships with their bodies. Her friendly, conversational style will engage tween girls and support them to resist the disruptions in embodiment that are so common in the adolescent years.

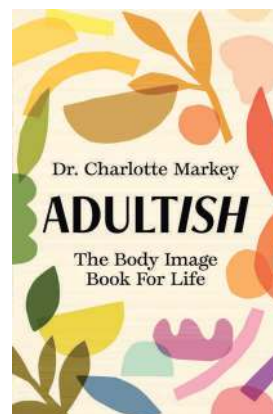
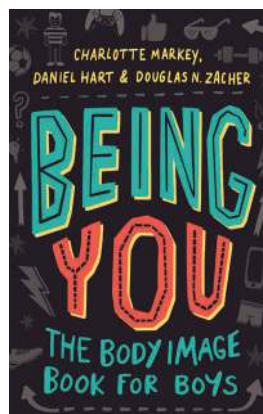
*Elizabeth Scott, LCSW, CEDS-S, Director of Training, The Body Positive*



## DR. CHARLOTTE MARKEY

is a body image scientist, having studied all things body image and eating behavior for nearly three decades. She is passionate about understanding what makes us feel good about our bodies and helping people to develop a healthy body image. Charlotte loves to share her body image wisdom with others and is an experienced book author, speaker, researcher, clinician, and professor at Rutgers University, Camden. She currently lives in Pennsylvania with her husband, Dan, and their dogs, Lexi and Zoe. For fun, she likes to run, swim, read, and visit her daughter and son, who are away at college, living fearless lives.

Other titles by Dr. Markey:



# TABLE OF CONTENTS



## Chapter 1: *What is body image?* page 1

You have probably heard the phrase “body image,” but do you know exactly what it means? Chapter 1 provides an explanation and definition of body image and presents the organization of *The Body Image Book for Girls*.

## Chapter 2: *Bodies change* 13

This chapter addresses the changes you experience during puberty, such as hair growth, breast growth, and menstruation, and examines how they can influence your body image.



## Chapter 3: *Love your body* 34

Chapter 3 focuses on the reasons you should love your body and provides some techniques you may adopt to increase your positive feelings about your body.



## Chapter 4: *Your image* 55

Chapter 4 explores a variety of factors that contribute to your body image and understanding of yourself, including the media and appearance enhancement through clothing choice, cosmetics, and even surgery.



## Chapter 5: *Nourish your body* 82

Because what you eat will impact your body, it's important to understand what scientists know about how to eat healthily. This chapter will help you understand the basics of nutritional science.

## Chapter 6: Don't diet 110

Fad diets are detrimental to body image and are generally physically and psychologically unhealthy. This chapter focuses on reasons to ditch diets and enjoy food.



## Chapter 7: Eating disorders 133

This chapter describes different types of eating disorder, factors that contribute to eating disorders, and treatment options. Developing a healthy relationship with food and enjoying food is important.

## Chapter 8: Be active 158

Physical activity is important to your health and body image. Chapter 8 discusses physical activity and how it can improve body image. This chapter also reviews the importance of resting.



## Chapter 9: Self-care 180

This chapter provides strategies for taking care of your mental and physical health. Your body image may be improved through techniques such as yoga, nurturing your mental health, and building meaningful social relationships.

## Chapter 10: Be the change 207

Developing a positive body image is so important for your own well-being and for the positive change you can contribute to the world around you.

## The Experts 228

## Glossary 230

## Acknowledgements 243

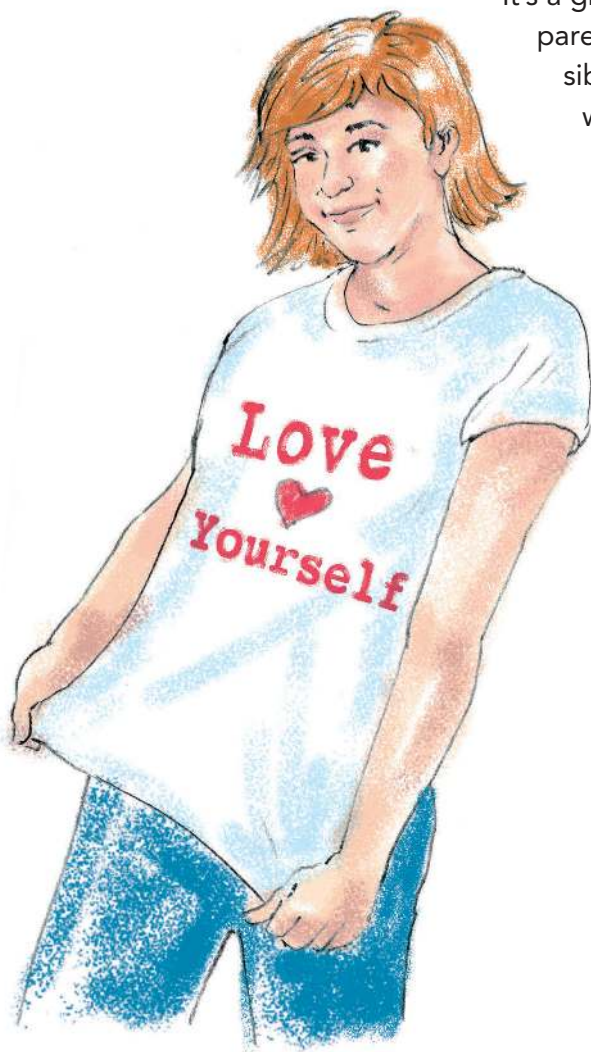
## Index 245



## How to Read This Book

This is a book about body image, but it is about more than that. It is a book about mental and physical health, and some of the topics I bring up can be challenging to consider. Some of the issues I discuss, such as eating disorders, social media, and relationships, may not be things that you are experiencing now but may affect you in the future.

You may hear about many of these topics from friends, at school, or online. Unfortunately, a lot of what you hear may be people's opinions and not based on science. My goal is to share the most accurate information with you in this book.



It's a great idea to read this book with a parent, another trusted adult, or an older sibling. If you are reading it alone and want to talk about any of the issues discussed in this book, don't be afraid to talk to someone who you feel comfortable with. Growing up can feel hard, and there are a lot of people who want to support you, but they don't always know how to help or what questions you may have. Use *The Body Image Book for Girls* to start meaningful conversations with your friends and others who care about you.

It is my greatest hope that this book helps you be a girl who loves herself and is fearless.