

Body Positive

What would it be like to feel *good* about your body? Does anyone really fully appreciate their body? If diverse body shapes and sizes were shown in the media, would this change your perception?

While this book addresses all of these questions and more, it is not simply a standard scientific exploration of poor body image. Instead, it examines a new movement focused on understanding what it is that leads people to love, appreciate, take care of, and embrace their bodies. Featuring chapters written by leading international experts in the science and practice of body image, *Body Positive* is a provocative and engaging look at how we feel about our physical selves in the twenty-first century – and how we can all come to feel better than we currently do.

ELIZABETH A. DANIELS, PhD, is Associate Professor of Psychology at the University of Colorado Colorado Springs. She is a feminist developmental psychologist and has been conducting research on body image, media, and gender for fifteen years. Her work has been featured in the national and international press, including *The New York Times*, *Los Angeles Times*, *Washington Post*, *Huffington Post*, *Time*, *New York Magazine*, *BBC News*, *The Telegraph*, and *International Business Times*.

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Cambridge University Press

978-1-108-41932-1 — Body Positive

Edited by Elizabeth A. Daniels , Meghan M. Gillen , Charlotte H. Markey

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Body Positive

*Understanding and Improving Body Image in
Science and Practice*

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CAMBRIDGE UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, 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

79 Anson Road, #06–04/06, Singapore 079906

Cambridge University Press is part of the University of Cambridge.

It furthers the University's mission by disseminating knowledge in the pursuit of education, learning, and research at the highest international levels of excellence.

www.cambridge.org

Information on this title: www.cambridge.org/9781108419321

DOI: 10.1017/9781108297653

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First published 2018

Printed and bound in Great Britain by Clays Ltd, Elcograf S.p.A.

A catalogue record for this publication is available from the British Library.

Library of Congress Cataloging-in-Publication Data

Names: Daniels, Elizabeth A., 1976– editor. | Gillen, Meghan M., 1979– editor. | Markey, Charlotte H., 1975– editor.

Title: Body positive : understanding and improving body image in science and practice / edited by Elizabeth A. Daniels, University of Colorado, Colorado Springs, Meghan M. Gillen, Pennsylvania State University, Charlotte H. Markey, Rutgers University, New Jersey.

Description: 1 Edition. | New York : Cambridge University Press, [2018] | Includes bibliographical references and index.

Identifiers: LCCN 2018003700 | ISBN 9781108419321 (hardback) | ISBN 9781108410427 (pbk.)

Subjects: LCSH: Body image.

Classification: LCC BF697.5.B63 B636 2018 | DDC 306.4/613–dc23

LC record available at <https://lccn.loc.gov/2018003700>

ISBN 978-1-108-41932-1 Hardback

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To our families, students, friends, and colleagues
who inspire us to promote positive body image
and improve the culture we all reside in.

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Frontmatter

[More Information](#)

Contents

<i>List of Figures</i>	page ix
<i>List of Tables</i>	x
<i>Notes on Contributors</i>	xi
<i>Acknowledgments</i>	xiv
Introduction: Becoming Positive – Our Growing Understanding of Positive Body Image MEGHAN M. GILLEN, CHARLOTTE H. MARKEY, AND ELIZABETH A. DANIELS	1
1 Overview of the Field of Positive Body Image TRACY L. TYLKA	6
2 Positive Body Image by Gender and Across the Lifespan LINA A. RICCIARDELLI, MARIE L. CALTABIANO, AND LAURA D. D'ANTUONO	34
3 Considering Positive Body Image through the Lens of Culture and Minority Social Identities VIREN SWAMI	59
4 Moving beyond Body Dissatisfaction and Risky Sexual Behavior: A Critical Review of Positive Body Image and Sexual Health Scholarship VIRGINIA RAMSEYER WINTER	92
5 Appearance-Related Practices: Can They Be Part of a Positive Body Image? KRISTINA HOLMQVIST GATTARIO AND CAROLINA LUNDE	111
6 Mindful Self-Care and Positive Body Image: Mindfulness, Yoga, and Actionable Tools for Positive Embodiment CATHERINE COOK-COTTONE	135
	vii

viii	Table of Contents	
7	The Health At Every Size [®] Paradigm: Promoting Body Positivity for All Bodies PATTI LOU WATKINS, DAWN CLIFFORD, AND BRIAN SOUZA	160
8	Better than Before: Individual Strategies for Body Image Improvement JAMIE L. DUNAIEV AND CHARLOTTE H. MARKEY	188
9	Programmatic Approaches to Cultivating Positive Body Image in Youth ELIZABETH A. DANIELS AND TOMI-ANN ROBERTS	208
10	Clinical Applications of Positive Body Image NICHOLE L. WOOD-BARCALOW AND CASEY L. AUGUSTUS-HORVATH	235
	<i>Index</i>	262

Figures

4.1 Overview of recommendations	<i>page</i> 101
5.1 Applying SDT and basic needs theory to the dynamics of appearance-related behaviors	117
6.1 The Attuned Model of Self (ARMS)	141
6.2 Mindful self-care practices and the experience of self	142

Tables

3.1 Translations and examinations of the factorial validity of the Body Appreciation Scale	<i>page</i> 62
4.1 Examples of how body image and sexual health outcomes vary by sociocultural factors	100

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Acknowledgments

We thank Molly Hartig for her invaluable work on this project including her work creating the index for this volume. We also thank Amanda Hood and Samantha Buxton for their assistance.

In addition, we are grateful to have assembled an outstanding group of authors who worked so cooperatively on their chapters and helped us compile a volume we are all proud of.