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.

Meghan M. Gillen, PhD, is Associate Professor of Psychology at Penn State Abington. She has been conducting research on body image, gender, and physical appearance issues for fifteen years. She has won a college-wide teaching award and was a featured convocation speaker at her college. Her work has appeared in the Washington Post, Self Magazine, and U.S. News and World Report.

Charlotte H. Markey, PhD, is Professor of Psychology and Director of the Health Sciences program at Rutgers University, Camden. She has been conducting research on eating, dieting, body image, and obesity risk for twenty years. Her book Smart People Don’t Diet (2014) was described by Scientific American as “possibly the best book on weight loss ever written,” and she regularly blogs for U.S. News and World Report, Psychology Today, and Science of Relationships. Her research has also been discussed in outlets including the New York Times, The Today Show, and WHYY radio.
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
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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Notes on Contributors

Casey L. Augustus-Horvath, PhD, is employed as a staff psychologist at the Chalmers P. Wylie VA Ambulatory Care Center in Columbus, Ohio, where she uses evidence-based and strengths-based psychotherapy. She enjoys balancing a generalist practice with clinical and research interests centered on intuitive eating, body image, and the spectrum of eating and weight-related concerns.

Marie L. Caltabiano, PhD, is Associate Professor of Psychology at James Cook University, Cairns, Australia. As a health psychologist, she has researched numerous areas but has returned to the area of body image and disordered eating several times during the past twenty years.

Dawn Clifford PhD, RD, is Associate Professor of Nutrition at Northern Arizona University. She is a registered dietitian and writes and conducts research in the areas of nondiet approaches and motivational interviewing. She coauthored *Motivational Interviewing in Nutrition and Fitness* (2016).

Catherine Cook-Cottone, PhD, is Associate Professor at the University at Buffalo, State University of New York. A licensed psychologist and registered yoga teacher, she leads a research team that studies positive embodiment and self-regulation.

Elizabeth A. Daniels, PhD, is Associate Professor of Psychology at the University of Colorado Colorado Springs. She is a developmental psychologist and has been conducting research on body image, media, and gender for fifteen years.

Laura D. D’Antuono is currently completing her Bachelor of Psychological Science at the University of Adelaide, Australia. She has been researching positive body image and other related behaviors over the past two years.
Notes on Contributors

JAMIE L. DUNAEV, PhD, is Assistant Teaching Professor in Health Sciences and Psychology at Rutgers University, Camden. Jamie is a health psychologist with interests in body image, weight stigma, and health.

KRISTINA HOLMQVIST GATTARIO, PhD, is Senior Lecturer of Health Psychology in the Department of Psychology, University of Gothenburg, Sweden. She conducts research on youth development and health, in particular in relation to body image, bullying, gender norms, and cultural context.

MEGHAN M. GILLEN, PhD, is Associate Professor of Psychology at Penn State Abington. She has been conducting research on body image, gender, and physical appearance issues for fifteen years.

CAROLINA LUNDE, PhD is Senior Lecturer/Associate Professor in the Department of Psychology, University of Gothenburg, Sweden. Her research focuses on topics such as body image and peer relations, body image and physical activity, body image and cosmetic surgery attitudes, and sexuality on the internet.

CHARLOTTE H. MARKEY, PhD, is Professor of Psychology and Director of the Health Sciences Program at Rutgers University, Camden. She has been publishing research about body image and weight management for nearly twenty years, including her book Smart People Don’t Diet: How the Latest Science Can Help You Lose Weight Permanently (2014).

LINA A. RICCIARDELLI, PhD, was Professor of Psychology at Deakin University, Melbourne, Australia (now deceased). She conducted research on body image and sociocultural factors across the lifespan with a health psychology focus for twenty-eight years.

TOMI-ANN ROBERTS, PhD, is Professor of Psychology at Colorado College and President of the Society for Menstrual Cycle Research. She is a feminist psychological scientist whose research on objectification theory seeks to uncover the cognitive, emotional, and behavioral costs to girls and women whose value in a sexually objectifying culture comes almost entirely from their physical appearance.

BRIAN SOUZA, PhD, is Assistant Professor in the Department of Food and Nutrition at Framingham State University. He earned his degree in Exercise and Sport Psychology from Oregon State University and integrates the Health at Every Size® principles into his teaching and research in health, wellness, and fitness.
Notes on Contributors

VIREN SWAMI, PhD, is Professor of Social Psychology at Anglia Ruskin University. His main research focus is on the psychology of human appearance and body image, with a particular consideration of the impact of sociocultural influences. He is the author of Attraction Explained (2015) and The Missing Arms of Vénus de Milo (2007).

TRACY L. TYLKA, PhD, FAED, is Professor of Psychology at the Columbus and Marion campuses of The Ohio State University. She is a counseling psychologist and has been conducting research on negative body image for twenty years and positive body image since the inception of such research. She has been a part of the development teams for the Body Appreciation Scale (original and revised), the Functionality Appreciation Scale, and the Broad Conceptualization of Beauty Scale. She is Editor-in-Chief of Body Image: An International Journal of Research.

VIRGINIA RAMSEYER WINTER, PhD, MSW, is Assistant Professor in the School of Social Work at the University of Missouri. Her research explores relationships between body image and physical, mental, and sexual health.

PATTI LOU WATKINS, PhD, earned her degree in Clinical Psychology at Virginia Tech. She is currently Associate Professor at Oregon State University, where she teaches Fat Studies, with her research focusing on fat pedagogy and Health At Every Size® interventions. She recently coedited a special issue of Fat Studies: An Interdisciplinary Journal of Body Weight and Society on fat pedagogy.

NICHOLE L. WOOD-BARCALOW, PhD, is a psychologist at the Chalmers P. Wylie VA Ambulatory Care Center in Columbus, Ohio, who enjoys providing psychotherapy with a specialty focus on body image, eating disorders, and grief/loss issues. She is passionate about assisting clients in achieving their optimal potential and engaging in research projects focused on positive body image.
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