

★ The ★  
Body IMAGE  
BOOK FOR  
Girls

LOVE YOURSELF AND  
GROW UP FEARLESS



CHARLOTTE MARKEY

ILLUSTRATIONS BY TIM OLIVER



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♥ For Grace ♥

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This book is a must read for all girls everywhere! It teaches them how to invest in themselves rather than the diet culture myths that rob them of their time and intelligence. Dr. Charlotte Markey is a research expert on this subject and girls who read this book are much more likely to fully bloom!

*Leslie Bloch and Zoe Bisbing, LCSWs, Eating Disorder Psychotherapists and Founders of The Full Bloom Project & Podcast*

It is so refreshing to read a book on positive aspects of body image rather than problems, that is written in a style that adolescent girls can relate to and provides practical tips on topics that are central to their lives. The stories, lay out, illustrations and balanced information provide a fabulous resource for girls as they negotiate the adolescent period. I particularly love the Q&A sections that focus girls on the main messages for each chapter in a very concrete way.

*Marita P. McCabe, Professor of Psychology, Swinburne University, Melbourne, Australia*

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. Although aimed at young girls, this book contains important practical tips for engaging in self-care, healthy eating, physical activity, and body positivity—things we could all use a bit more of.

*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 world-leading expert in body image research, having studied all things body image, eating behavior, and weight management for her entire adult life (over 25 years!). 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, blogger, and professor at Rutgers University, Camden. She currently lives in Pennsylvania with her daughter, Grace, son, Charlie, husband, Dan, and their dog, Tobey. For fun, she likes to run, swim, travel, and read, but usually spends her free time driving her kids to see their friends and nagging them to clean their rooms.

To learn more about Charlotte Markey, you can visit her website at [www.charlottemarkey.com](http://www.charlottemarkey.com) or connect with her on Facebook (Dr. Charlotte Markey), Twitter (@char\_markey), Instagram (char\_markey), or YouTube (Body Positivity).

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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*.



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

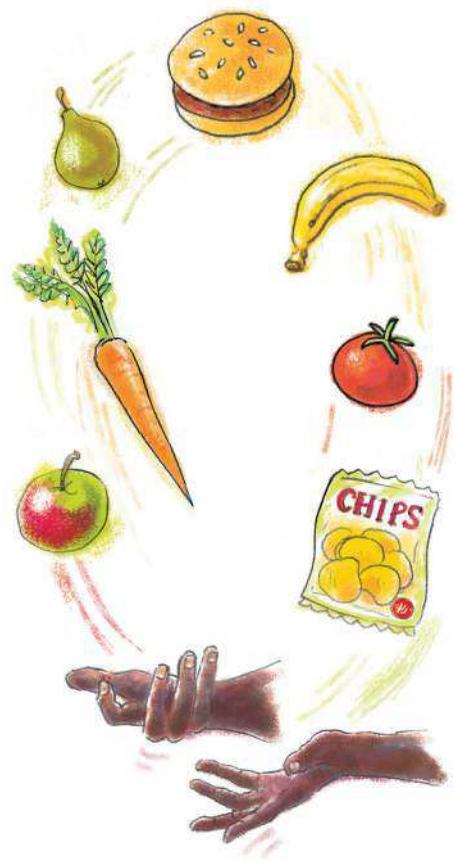
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Developing a positive body image is so important for your own well-being and for the positive change you can contribute to the world around you.

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