

Cambridge University Press 978-1-108-71877-6 — The Body Image Book for Girls Charlotte Markey Table of Contents More Information







# Chapter 1: What is body image?

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: Your changing body

10

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

#### Chapter 3: Love your body

30

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

48

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

69

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



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## Chapter 6: Smart girls don't diet

Fad diets are detrimental to body image and are generally physically and psychologically unhealthy. This chapter focuses on reasons to adopt and maintain long-term healthy eating habits.

## Chapter 7: Keep food fun

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It's so important to enjoy food! This chapter addresses the ways a healthy diet nourishes you physically and psychologically, and can include celebrations and occasional comfort food. It also examines eating disorders and the links between eating habits and mental health.

Chapter 8: Make your body work for you

Food is only part of the story; physical activity is also important for your health and body image. Chapter 8 presents health-related reasons to be active, examines links between body image and physical activity, provides strategies for maintaining physical

activity, and discusses the importance of rest.

## Chapter 9: Self-care

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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.

#### Chapter 10: Be the change

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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