



BEING YOUR NOU

Illustrated by @DanTheScribbler

Charlotte Markey,  
Daniel Hart & Douglas N. Zacher

Cambridge University Press  
978-1-108-94937-8 — Being You  
Charlotte Markey, Daniel Hart, Douglas Zacher  
Frontmatter  
[More Information](#)

## 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  
103 Penang Road, #05-06/07, Visioncrest Commercial, Singapore 238467

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](http://www.cambridge.org)

Information on this title: [www.cambridge.org/9781108949378](http://www.cambridge.org/9781108949378)

DOI: 10.1017/9781108954242

© Cambridge University Press 2022

This publication is in copyright. Subject to statutory exception and to the provisions of relevant collective licensing agreements, no reproduction of any part may take place without the written permission of Cambridge University Press.

First published 2022

Printed in Singapore by Markono Print Media Pte Ltd

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

ISBN 978-1-108-94937-8 Paperback

Cambridge University Press has no responsibility for the persistence or accuracy of URLs for external or third-party internet websites referred to in this publication and does not guarantee that any content on such websites is, or will remain, accurate or appropriate.

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.

Cambridge University Press  
978-1-108-94937-8 — Being You  
Charlotte Markey, Daniel Hart, Douglas Zacher  
Frontmatter  
[More Information](#)



# ENDORSEMENTS

"With suicide rates surging for preteen and teenage boys – yet another painful sign of their feeling trapped by impossible pressures – and the top 15 causes of premature mortality predominantly male, how they relate to their bodies plainly matters. In their colorful, evidence-based, and wonderfully accessible book, the authors bring wisdom, compassion, and even humor to a subject that has been shrouded in myth for generations. For parents, educators, and coaches who understand that integrity begins with how well a child cares for himself, an attitude learned – or not – early in life, I heartily recommend this book."

Michael C. Reichert, PhD, *Executive Director, Center for the Study of Boys' and Girls' Lives, University of Pennsylvania*

"Parents who have been asking for ways to support their sons' body image have a new resource to share with their adolescents. *Being You* meets boys where they are and offers research, personal stories, and practical guidance for navigating the confusing messages young men receive from the culture. This book also serves as a much-needed conversation-starter for families about what it means to take care of your authentic self, inside and out."

Oona Hanson, *Educator and Parent Coach*

"Dr. Markey has done it again! *Being You: The Body Image Book for Boys* is an excellent companion book to her body image book for girls. The chapters cover critical body image issues that boys would want to know: puberty, how they can take care of their bodies, and eating. The coverage of related mental health issues like bullying and self-compassion makes for a well-rounded volume of how boys can learn to be their best selves. Body image and eating issues are increasing for boys, and need more attention from researchers, parents, and media. A book like this is necessary to help guide boys through body image issues in a way that is fun, engaging, and specific to boys' needs and concerns. It's beautifully illustrated and highly readable, and features real-life stories from boys and expert advice. Give the boys in your life a gift they deserve—buy this book!"

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

"Teen boys face immense body image pressures from social media and peers now more than ever, but these important issues are rarely acknowledged or discussed. *Being You: The Body Image Book for Boys* is an invaluable resource designed for boys to promote a

positive body image based on the latest scientific evidence, expert advice, and real-life stories."

Jason Nagata, MD, *University of California, San Francisco*

"This is a terrific book. *Being You* frankly and kindly guides adolescent boys to develop a positive body image in terms of what they can't change, what they can indeed learn to do, and the wisdom and self-compassion to learn the difference. With a skillful blend of definitions and explanations, plus advice from experts and a diverse set of adolescent boys and young men, the authors deftly transform scientific research findings into practical advice that respects the desires, needs, stressors, and appearance concerns of adolescent boys. Parents, grandparents, pediatricians, teachers, clergy, and others would also do well to read this book – if only to study the sensible chapters on puberty and nutrition and to be prepared to challenge the many sociocultural messages that make it all too easy for boys to use the petri dish of toxic masculinity to cultivate a negative body image and other unhealthy habits."

Michael P. Levine, PhD, FAED, *Emeritus Professor of Psychology, Kenyon College*

"*The Body Image Book for Boys* contains every single piece of information that doctors and experts want teenage boys to know- but rarely get the chance to tell them...

Delivered with a thoughtful, empathetic, and intelligent tone, and filled with detailed, evidence-based content, this book is ideal for boys who are hungry for knowledge about what is happening in their bodies, and how best to look after their physical and mental health.

The authors communicate complex issues and information in interesting and detailed ways. They dispel the myths, and share the stories of numerous adolescent boys with a range of different attitudes toward, or experiences of, their bodies. This book covers such a wide range of topics - the physical, the emotional, and everything in between. Strongly recommend."

Dr Zali Yager, *Executive Director, The Body Confident Collective*

"The ultimate handbook to help boys navigate puberty and develop a healthy body image. Packed full of practical and evidence-based advice on diet, fitness, and mental health, it addresses boys' body image concerns head-on.

A must read. *Being You* will help boys appreciate they have more to offer the world than how they look."

**Judi Craddock, Author of *The Little Book of Body Confidence***

"While reading *Being You: The Body Image Book for Boys*, I kept thinking, "finally!" Finally, we publicly recognize that boys are just as privy to societal standards for unrealistic, perfect bodies and the pressure to still try to conform. Finally, we give boys the tools to recognize these problems and find solutions for themselves and peers. This book is jam-packed with the basics boys need to know about their physical and mental health as well as the red flag behaviors and conditions to watch out for. The writing style translates research and terminology into understandable concepts, along with quotes from professionals and stories from older adolescents. As I read, I reflected on the patients I've seen in my Pediatrics and Adolescent Medicine training who would have greatly benefited from this book and am excited for the boys I get to recommend it to very soon."

**Rebekah Fenton, MD, Pediatrician and Adolescent Health Advocate, Ann & Robert H. Lurie Children's Hospital of Chicago**

"What a great resource for boys! As a society, we don't spend enough time talking to boys about positive body image and healthy development. This book provides boys and their families with powerful, evidence-based information and advice about how to take care of themselves and their bodies physically and psychologically during the teen years. It is engaging and fun and provides stories from real boys and young men as well as advice from experts. I wholeheartedly recommend it!"

**Elizabeth Daniels, PhD, Associate Professor, Director of the MA Program in Psychological Science, Director of the Undergraduate Honors Program, University of Colorado Colorado Springs**

"*Being You* dispels the myth of body image only being a concern for girls and provides an excellent, insightful analysis of the nature of body image concerns among boys, as well as what causes these concerns. It also discusses when body image concerns are likely to cause significant problems for boys and what can be done to address these concerns.

Dr Markey and her colleagues have provided a well-informed, engaging and thoughtful analysis of the above issues. The book adopts a positive approach to body, exploring how boys can engage in healthy physical activity and eating so that they experience physical and mental health.

I love the engaging layout of the book – from boy's stories to expert advice, to useful tips to address concerns that are unique to boys. The

book is clearly well researched by the authors, who are experts in the field, but is also written in an accessible way for boys, their parents, teachers and others who work with boys. A wonderful book that will be a central resource to all who are interested in ensuring that boys grow up to be healthy and well-adjusted men."

**Professor Marita McCabe PhD, FAPS, FCCLP, FCHP, Research Professor and Team Leader, Health and Ageing Research Group, Swinburne University**

"A big shout out to *Being You*! This is the book we need right now to help boys navigate the increasingly difficult terrain of maturing into men. The punchy, graphical format makes it a good fit for today's adolescent attention spans. The authors wisely place body image in wider contexts, ranging from unrealistic social media images of ripped men to the perils of diet fads to the need to challenge confined definitions of masculinity itself. Boys will be better boys thanks to this book!"

**Ed Fraumenheim, co-author of *Reinventing Masculinity: The Liberating Power of Compassion and Connection***

"Finally, a book dedicated to the experience of boys and body image. It's not just an issue that impacts girls, in fact, anyone with a body has a sense of their own body image. Drs Markey, Hart and Zacher write about the unique experiences of boys and men and their relationship with their bodies such as feeling the pressure to be lean and muscular. The scientific research presented in each chapter is supported by the stories of real boys and men in their own voices which makes the content highly relatable. There is also a range of great tips to help boys improve their sense of body image as well as encouragement for boys to become the changemakers in promoting positive body image in society more generally. This book is a highly useful resource for boys and everyone who supports them."

**Dr Gemma Sharp, Senior Research Fellow & Clinical Psychologist, Leader, Body Image Research Unit, Department of Psychiatry, Monash University**

"This book gives boys the crucial skills and language to talk about – and hopefully improve – the relationship they have with their bodies. These conversations are often taboo for both men and boys, but this book provides the necessary roadmap to tackle them in a compassionate and productive way. In short, this book is a must for anyone trying to support the young boys and men in their lives."

**Jeffrey Hunger, PhD, Assistant Professor of Social Psychology, Department of Psychology, Miami University, Ohio**



## ABOUT THE AUTHORS



**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 (about 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 of Psychology at Rutgers University, Camden. She currently lives in Pennsylvania with her son, Charlie, her daughter, Grace, her husband, Dan, and their dog, Lexi. For fun, she likes to run, travel, and read, but often spends her free time nagging her kids to brush their teeth or remove the cups and dishes from 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).

Cambridge University Press  
978-1-108-94937-8 — Being You  
Charlotte Markey, Daniel Hart, Douglas Zacher  
Frontmatter  
[More Information](#)

**Dr. Daniel Hart** is a developmental psychologist and distinguished Professor of Psychology at Rutgers University, Camden, who has studied and worked with adolescents and young adults for more than 30 years. He has written several books, including *Becoming Men*. Dan is passionate about understanding factors that lead to healthy development, especially when young people experience disadvantaged upbringings. Dan likes to visit his daughter and her partner and his son, daughter-in-law, and granddaughters as much as possible. He enjoys teasing Charlie and Grace and hiking, reading, and playing basketball in his free time. To learn more about Daniel Hart, you can visit his website at [www.hart.camden.rutgers.edu](http://www.hart.camden.rutgers.edu).



**Douglas Zacher**, MA, has a long-standing interest in issues pertaining to mental health, eating, education, and public policy. He is currently a doctoral student in the Department of Public Affairs/Community Development at Rutgers University, Camden, where he is also a part-time lecturer teaching classes including Introduction to Psychology. Doug conducted many of the interviews that appear in this book and made sure that his (somewhat) older collaborators didn't sound completely out of touch. In his free time, he enjoys working on computers, reading and watching comics, hiking and camping, and playing video games. You can connect with Doug on Twitter at @ZacherDouglas.





# CONTENTS



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

Is this book for you? We think there is important information for *all* boys in *Being You*. Chapter 1 offers a definition of body image, explains why it’s good to care about your body image, and presents the organization of this book.



**Chapter 2: Become body confident** 13

Chapter 2 focuses on reasons to love your body and take good care of it, and provides some techniques you may adopt to increase your positive feelings about your body.



**Chapter 3: What the heck is going on?** 34

This chapter addresses the changes you experience during puberty and examines how they can influence how you feel 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: Make your body work for you** 79

Physical activity is important for your health and body image. Chapter 5 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 and limiting screen time.



Chapter 6: Fuel your body 105

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 7: Forget food fads 133

Food fads—such as removing certain food groups from your diet—are bad for our body image and are physically and psychologically unhealthy. This chapter focuses on reasons to avoid these fads and focus on habits that are good for you for the long haul.



Chapter 8: Love to eat 158

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 comfort food. It also examines eating disorders and the links between eating habits and mental health.

Chapter 9: Building the best you 186

This chapter provides strategies for taking care of your mental and physical health. Everyone can use extra support at one time or another.



Chapter 10: Make a difference 210

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.



Ask the Experts	230
Acknowledgments	232
Glossary	235
Index	247