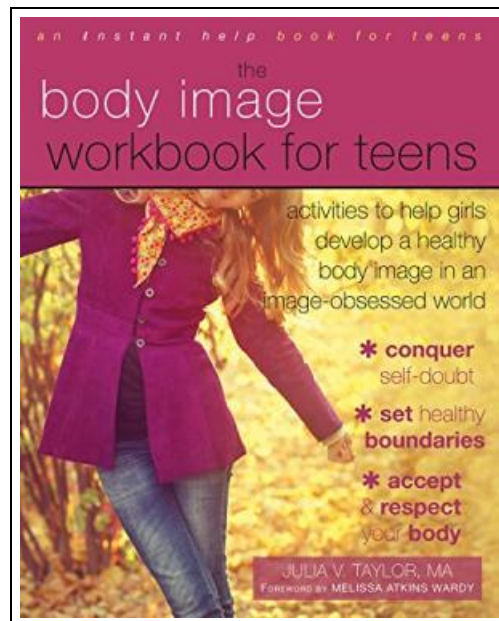


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Reviews


A whole new electronic book with an all new perspective. It is one of the most incredible book we have read. Your way of life span will likely be convert when you comprehensive reading this article book.
(Spencer Fay)


BODY IMAGE WORKBOOK FOR TEENS: ACTIVITIES TO HELP GIRLS DEVELOP A HEALTHY BODY IMAGE IN AN IMAGE-OBSESSED WORLD (PAPERBACK)



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New Harbinger Publications, United States, 2014. Paperback. Condition: New. Workbook. Language: English . Brand New Book. Like most teens, you want to feel good about the way you look. But what happens when the way you look just doesn't feel good enough? Whether it's online, on TV, or in magazines, images of thin, beautiful-and often photo-shopped-young women are everywhere. As a result, you may feel an intense pressure to be perfect. But did you know that only 5 percent of the population has the body type of most actresses and models? So how can you start feeling good about who you are, not who you could be? In order to gain real confidence and Body acceptance, you need to change the way you think about yourself. In The Body Image Workbook for Teens, you'll find practical exercises and tips that address the most common factors that can lead to negative body image, including; comparison, negative self-talk, unrealistic media images, societal and family pressure, perfectionism, toxic friendships, and a dread of disappointing others. You'll also learn powerful coping strategies to deal with the daily pressure of being a teenage girl. Being a teen girl in today's world is hard, and no one knows that more than you. But if you are ready to stop comparing yourself to others, silence your inner critic, and build real, lasting self-confidence-an attractive trait in itself-this book is your go-to guide.

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