

TABLE OF CONTENTS

Chapter 1: *What is body image?* 1

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.



Chapter 6: *Smart girls don't diet* 97

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* 116

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* 137

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* 157

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* 176

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.

Glossary 194

Index 210

Acknowledgements 216

