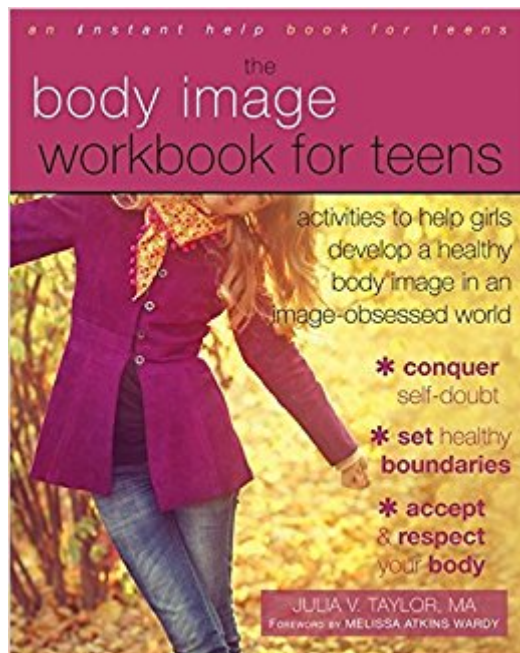


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# The Body Image Workbook For Teens: Activities To Help Girls Develop A Healthy Body Image In An Image-Obsessed World



## Synopsis

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 impossibly perfect—and mostly Photoshopped—young women are everywhere. As a result, you may feel an intense pressure to look a certain way. Your friends feel the pressure too, which often creates a secret comparison competition that can make you feel worse about yourself. So how can you start feeling good about who you are, as is? 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 pressures, perfectionism, toxic friendships, and a fear of disappointing others. You'll also learn powerful coping strategies to deal with the daily, intense pressures 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 authentic, lasting self-confidence; this book is your go-to guide.

## Book Information

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## Customer Reviews

I bought this book for my sixteen-year old daughter but I read through the entire book myself before giving it to her. Now I cannot wait for her to go through the workbook! It truly covers everything I would like for her to know and internalize about body image, societal and peer pressure, and treating herself with the respect she deserves. In a perfect world, every girl would be taught these things starting in elementary school. But we live in a world that is far from perfect, and growing up

with a healthy self image in this media obsessed society is not easy to do. The author of this workbook writes in a tone that feels like a cool, together, older sister telling her younger sister how things are. My daughter will be much more receptive to that voice than to her mother's voice! The book has 40 activities, but they are only a few pages each. It's very digestible in these small chunks. Each activity begins with a page or so of reading followed by some kind of task. It begins with some really easy fill-in-the-blank type activities, which I think is brilliant--the reader won't feel overwhelmed, or feel like it will be "too hard" or "too much work." In fact, most of the activities are short answer. Later in the book there are some activities where the author asks the reader to write some longer passages or to create something like a collage or affirmation notes, but by that point in the book the reader should be comfortable doing a little more time consuming activity. I am going to recommend that my daughter begin by spending 15-20 minutes per day doing no more than one activity--that way it won't be overwhelming and it will give her time to truly digest and think about each topic. The tone of the book is very positive. There is a lot of emphasis on gratitude and self-respect. And for every description of a negative interaction, the author describes at least one way to replay that scene in a positive, healthy way. She often offers several different alternate scenarios to give girls an option that best suits their personality. It would be great if a pair or group of friends could work through this workbook simultaneously--it would be even more powerful if girls were reiterating healthy messages to each other instead of perpetuating negative messages. This book is very well thought-out and comprehensive. The 40 activities are divided into five sections: 1--All About Body Image 2--The realities of Girlhood 3--Shattering Societal Standards 4--Use Your Voice 5--Moving Forward. Specific activity topics are listed in the table of contents that has been made available through the "Look Inside" link on the order page. I highly recommend this book for any tween or teen. Creating a healthy body image is an invaluable gift every girl (and woman) should give to herself.

I thought this book was well thought out. There are a lot of questions it asks to help girls think through WHY they feel a certain way about their bodies, and not just assure them with platitudes that "everyone is beautiful in their own way". The way a young woman feels about her body is very real. And while their feelings are not always the truth, they are real. This workbook does an excellent job of bringing out opportunities for discussion between mother and daughter, or small group and leader. I have three teen/preteen girls at home and will be using this book to open up issues we may otherwise not discuss openly. The real life experiences/stories from girls in this age range is also a nice part of the book. Girls will see that they are not alone in their feelings of inadequacy, and

perhaps realize that their feelings are not always a reflection of truth. This is a great resource for moms and daughters. I would recommend it to any mom of girls. I received this book free from Annick Press in exchange for an honest review.

As a therapist working with adolescent girls I highly recommend this book. Julia has made a body image workbook that is unlike any other I have found. She provides real tools that help girls appreciate and learn to love the skin they are in. Other books often allude to eating disordered behaviors, not this one. Julia does a fantastic job of providing skills that are empowering and life changing. Not only do I love this book, teen girls have responded with wonderful reviews too. I recommend this for any young woman struggling with body image, parents, and anyone working with girls.

I teach an after school program for 5th and 6th grade girls and we are using this resource as a text book. The girls just love it!! It is such an empowering tool for the girls and it helps to teach them to not compare themselves to anyone. Instead, it is giving them the skills to learn to love and accept themselves for what special and unique individuals that they are. This book is very user-friendly and easy to navigate through. I highly recommend this book for pre-teens/teens to help them in their process of being the best self that they can be!!

A fantastic resource for anyone interacting with pre-teen and teenage girls! In the lessons and topics, girls have the opportunity to question and reflect on their thoughts and feelings relating to their body image. This resource will help girls build on and improve their self-confidence, their self-esteem, and their body image, and can be used in a small group or individually. It also teaches girls how to strengthen their communication skills, how and when to speak up, and how to establish boundaries with others - skills that are crucial for success! Girls will thoroughly enjoy these engaging activities - and will take away meaningful positive messages about themselves.

As a woman who struggled with body dysmorphic and eating disorders starting in my early teens, and the mother of a young girl, I can honestly say this book is a must buy. I truly wish I had access to such an empowering and interactive workbook when my struggles first began, but I'm glad to know my daughter will benefit from Ms. Taylor's wisdom. Ms. Taylor offers practical ways to process and move past the everyday issues young women face in today's society.

Wish I would have had this book ten years ago when my oldest was a teenager. This is a wonderful resource for parents and teens. A lot of books seem to just tell the teens that they are beautiful and though it is an ego boost it doesn't explain why which leaves room for further doubt. This book dives into the whys and leaves little room for the doubt. I was given this book in exchange for an honest review via Netgalley

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