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For example, in 2008 Cash published the second edition of his Body Image Workbook that details a cognitive-behavioral program for body image change. Several workbooks and manuals to assist persons with body dysmorphic disorder have been published, including Veale and Neziroglu's detailed Body Dysmorphic Dis ordertreatment manual in 2010.

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\*This volume offers the most comprehensive review to date of knowledge about body image. Whether you are a professional or student interested in body image, you should keep this book close at hand. The second edition maintains the high standards of its predecessor while incorporating the latest research.

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What is Body Image How you view your body (weight, height, shape, etc.) does not necessarily depend on what your body really is. Many people, despite having normal weight and shape, still detest their body and are preoccupied with their perceived defects.

### Body Image: A Handbook of Science, Practice, and ...

Description The physical and mental health consequences of body image problems, eating disorders, and obesity in children and adolescents can be serious and can extend into adulthood. But as the empirical data presented in this second edition of a landmark volume show, these disorders are preventable and treatable.

### Body Image, Eating Disorders, and Obesity in Youth, 2nd Ed.

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### [D6PV]» Body Image, Second Edition: A Handbook of Science ...

Body image is a person's perception of the aesthetics or sexual attractiveness of their own body. It involves how a person sees themselves, compared to the standards that have been set by society. The concept of body image is used in a number of disciplines, including psychology, medicine, psychiatry, psychoanalysis, philosophy, cultural and feminist studies; the media also often uses the term.