

Body Image

Non-fiction

Body Image: A Reality Check by Pamela Sneddon (YA 155.9 SNE)

Discusses the problems with body image, the reasons why some people have a poor body image, and how self-perception and self-acceptance are affected by society.

No Body's Perfect by Kimberly Kerberger (YA 158.1 KIR)

A collection of stories by teens about body image, self-acceptance, and the search for identity.

Feeling Freakish?: How to Feel Comfortable in Your Own Skin by Veronique le Jeune (YA 305.235 JEU)

Describes the changes that occur during puberty and encourages young people to be less self-critical and to accept, be patient with, and care for their changing bodies.

The Girl's Guide to Loving Yourself by Diane Mastromarino (YA 305.2352 MAR)

Describes the importance of getting to know oneself, thinking about consequences before taking actions, and caring enough to say no to things that could be harmful or have negative effects on one's life.

Fat! So? Because You Don't Have to Apologize for Your Size by Marilyn Wann (306.4 WAN)

Presents quotes, essays, and stories that tackle the latest taboo, being fat, and shows readers how they can reclaim their body and live a happy and healthy life at any size.

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Girlosophy: Real Girls Eat by Anthea Paul (YA 613.2)

Taking a holistic approach to loving, accepting, and nurturing oneself, this

vibrantly illustrated cookbook offers healthy tips for both the mind and body.

Lighten Up by Charles Stuart Platkin (YA 613.25 PLA)

Describes a step-by-step approach to lifestyle changes that lead to permanent weight loss, including how to handle restaurants, the holidays, and the school cafeteria.

Eating Disorder Information for Teens by Teen Health Series (YA 616.8526 EAT)

Offers health tips about anorexia, bulimia, binge eating, and other eating disorders including information on the causes, prevention, and treatment of eating disorders, and such other issues as maintaining healthy eating and exercise habits.

When the Mirror Lies by Tamra Orr (YA 616.8526 ORR)

Explores the possible causes and potential cures for eating disorders through real-life stories from young people struggling to recover, and includes information on symptoms of and current treatment options for these devastating illnesses.

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