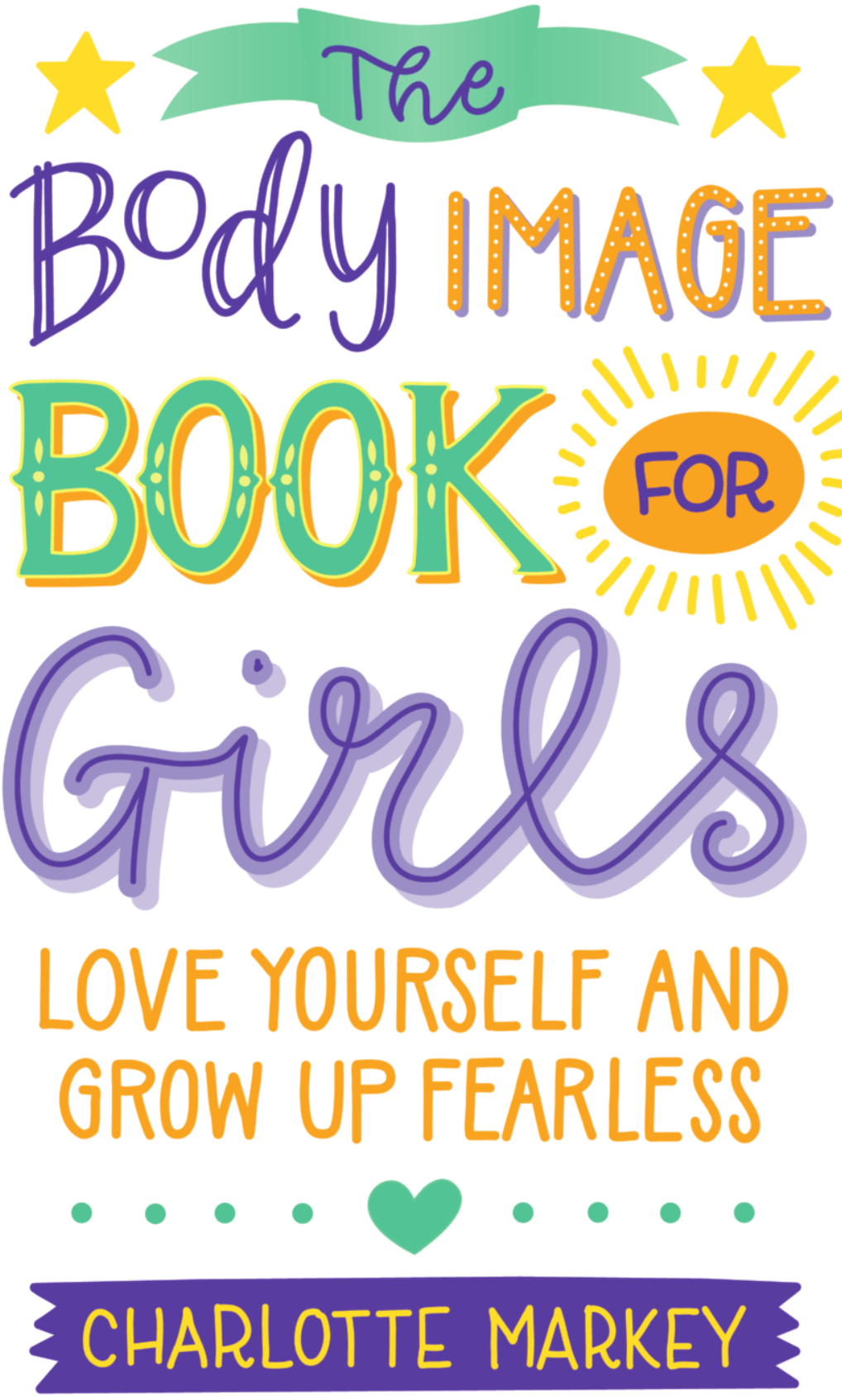


CHARLOTTE MARKEY

ILLUSTRATIONS BY TIM OLIVER



University Printing House, Cambridge CB2 8BS, United Kingdom
One Liberty Plaza, 20th Floor, New York, NY 10006, USA
477 Williamstown Road, Port Melbourne, VIC 3207, Australia
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,
New Delhi – 110025, India
79 Anson Road, #06-04/06, Singapore 079906

Cambridge University Press is part of the University of Cambridge.
It furthers the University's mission by disseminating knowledge in the pursuit of education, learning, and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781108718776
DOI: 10.1017/9781108752961

Cambridge University Press © 2021

This publication is in copyright. Subject to statutory exception and to the provisions of relevant collective licensing agreements, no reproduction of any part may take place without the written permission of Cambridge University Press.

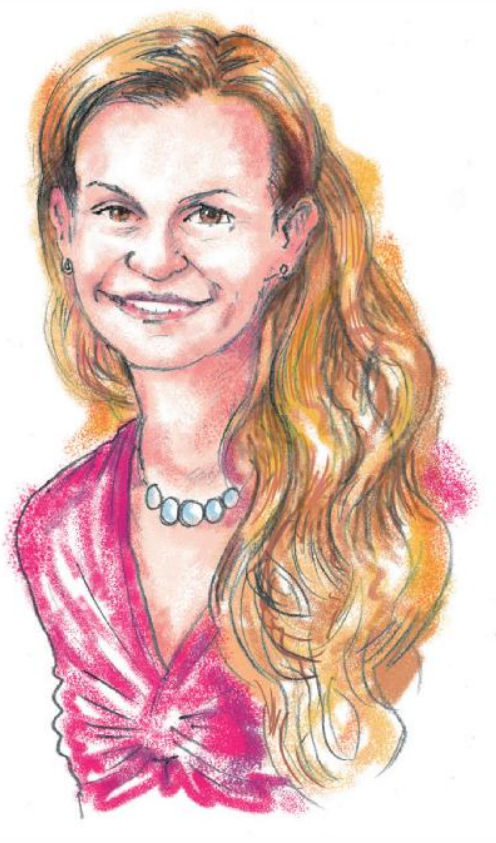
First published 2021
Printed in Singapore by Markono Print Media Pte Ltd.

A catalogue record for this publication is available from the British Library.

ISBN 978-1-108-71877-6 Paperback

Additional resources for this publication at TheBodyImageBookForGirls.com
Cambridge University Press has no responsibility for the persistence or accuracy of URLs for external or third-party internet websites referred to in this publicationand does not guarantee that any content on such websites is, or will remain,accurate or appropriate.

Every effort has been made in preparing this book to provide accurate and up-to-date information that is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors, and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors, and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.



DR. CHARLOTTE MARKEY

is a world-leading expert in body image research, having studied all things body image, eating behavior, and weight management for her entire adult life (over 25 years!). She is passionate about understanding what makes us feel good about our bodies and helping people to develop a healthy body image. Charlotte loves to share her body image wisdom with others and is an experienced book author, blogger, and professor at Rutgers University, Camden. She currently lives in Pennsylvania with her daughter, Grace, son, Charlie, husband, Dan, and their dog, Tobey. For fun, she likes to run, swim, travel, and read, but usually spends her free time driving her kids to see their friends and nagging them to clean their rooms.

To learn more about Charlotte Markey, you can visit her website at www.CharlotteMarkey.com or connect with her on Facebook (Dr. Charlotte Markey), Twitter (@char_markey), Instagram (char_markey), or YouTube (Body Positivity).

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





CHAPTER 1

WHAT IS BODY IMAGE?

#BodyImageBasics

> Your body is an instrument, not an ornament.
>
> Lexie and Lindsay Kite, PhDs and co-founders of Beauty Redefined

Do you ever feel like you're too short (or too tall)? Do you ever wish that your hair was straight and not curly? Have you ever looked in the mirror and wished for longer legs? Do you wish your breasts were larger (or smaller)?

If you've ever had a **negative** thought about your appearance, you're not alone. Most girls and women would like to change at least one thing about how they look—if not many.

Even celebrities—the people we often think of as looking "perfect"—often struggle with concerns about their appearance.

Taylor Swift has admitted:
"I definitely have body issues, but everyone does."

Actress Reese Witherspoon has said:
"I have **cellulite**. I have **stretch marks**. I feel intimidated by Victoria's Secret."

Actress Ariel Winter claims:
"I had body insecurities when I was younger. I still do."



It's not just average people who think about their appearance and wish they could look different. It's almost everyone. The goal of this book is to help you develop a positive view of yourself. A **positive** view of yourself doesn't mean that you think you're better or more beautiful than everyone else. Reese Witherspoon said, "Hollywood is one of those endless competitions. But it's a race toward nothing. There's no winning. You're never going to win the pretty race." Your life isn't a beauty pageant. A positive view of yourself means learning to treasure and care for your body. You can succeed in this goal, and this book will help you.

IN THIS CHAPTER, YOU'LL LEARN

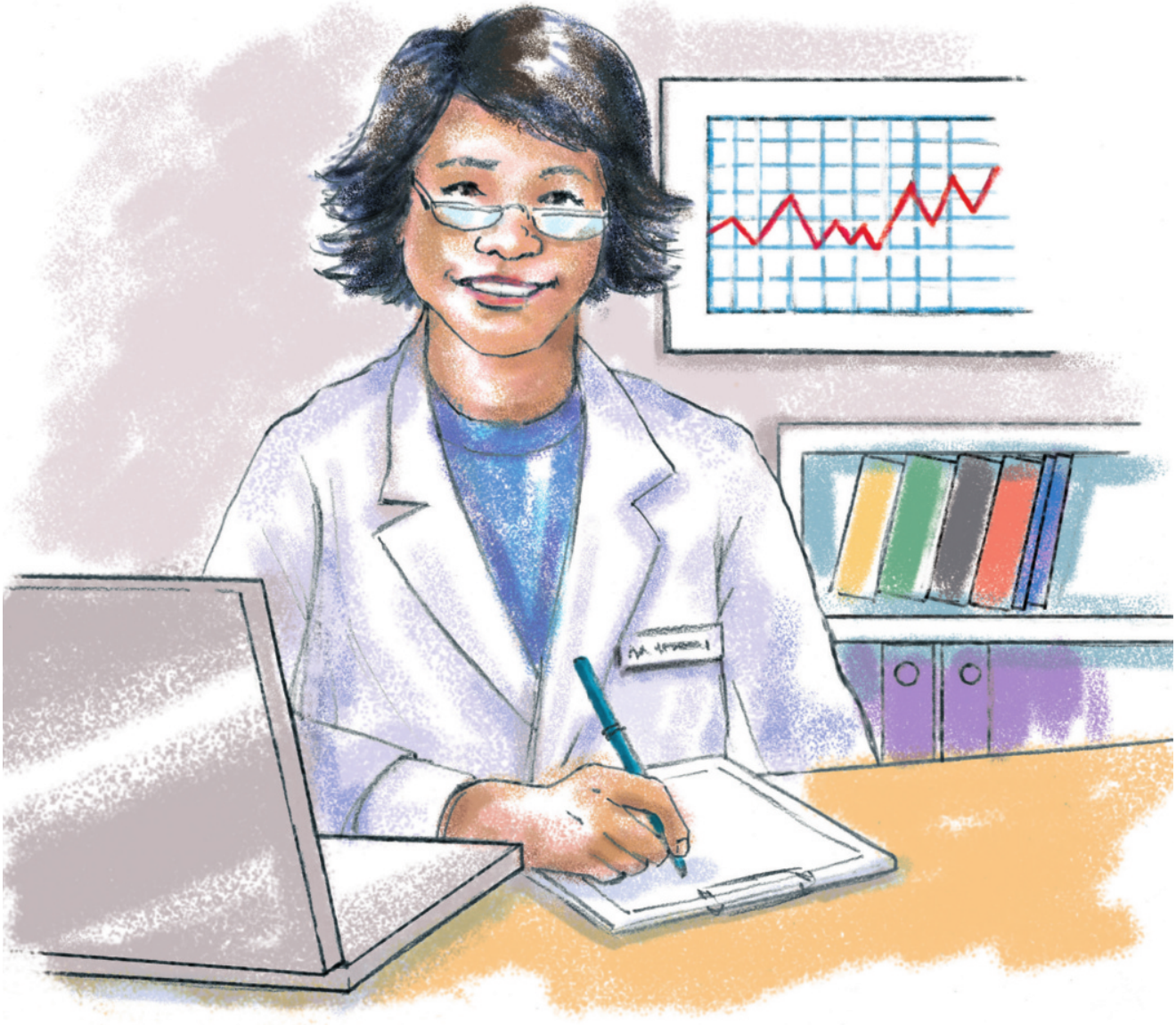
- how body image is defined,
- why it's important to have a positive body image, and
- why reading this book and working on developing a positive body image will improve your life in a variety of ways.

What is body image?

Body image is how you think and feel about your body. Obviously, the way you think and feel about your body—your body image—matters. For example, if you dislike your curly hair, you may spend a lot of time trying to straighten it. If you want to be taller, you may wear shoes with platform soles or high heels. If you really want your nose to be smaller, you may consider getting surgery to change the size or shape of it.



But what if there is a better way to think about your body? Maybe changing how you look isn't the answer. Maybe there is an easier way. **This book is full of information and advice about body image that will help you understand your body and develop positive feelings about it.** Most women I know (including myself) wish they'd had this sort of information when they were girls your age.



MY STORY

Alyssa Elizabeth, 15 years old

I think I started having some typical body image issues when I was about 12. I started worrying about looking stupid. I can still remember this one time when I was at summer camp, the summer before 8th grade. Everyone was wearing short shorts and crop tops, but I didn't want to. It was hot, but I knew that being that exposed would make me uncomfortable. But then I sorta realized that no one really cared what I wore one way or the other. I started to think about some of this differently—no one really notices a lot of the details of how I look. Who is going to remember? Who really cares? Everyone is probably thinking about themselves more than other people. When I realized that no one was judging each other, I tried to stop judging myself.

Not long ago I had a somewhat similar epiphany (or "ah ha!" moment). It seems so strange that I was born with this body—I was born this way. Why should I have to change myself to please other people? Some of my friends have had these thoughts, too. A lot of my friends are athletes and they have **muscular** bodies. They need those muscles to play lacrosse and soccer. They are great athletes and they work hard. I don't think any of us want to change ourselves, but we all want to feel accepted, and to feel good about ourselves.

I guess it's normal to not always feel confident. But I think it's important to try. My mom tells me that it's OK to fake it until you make it (about all sorts of things). You'll start to believe in yourself and be confident, but it can take time.

I guess if I had one thought to tell younger girls, it's that everybody is a little bit different. You don't have to be "one size fits all." You should be proud of yourself! Think: This is me.