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The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look. As you complete the helpsheets in this book, you ll learn to celebrate your body instead of feeling ashamed of it.

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BODY IMAGE CHALLENGES Body Image is the picture in your mind s eye of how you see yourself. It also includes your perception of how you believe others see you, and how you experience living in

your own body.

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3 Positive Body Image Activities Worksheets 2019 Update

Behavioral body image: the way you behave as a result of your perceptual, affective, and cognitive body image (NEDC, 2017) When your body image is positive, you are able to accept, appreciate, and respect your body (NEDC, n.d.).

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Body Image Journal Elsevier

Body Image is an international, peer-reviewed journal that publishes high-quality, scientific articles on body image and human physical appearance. Body image is a multi-faceted concept that refers to persons' perceptions and attitudes about their own body, particularly but not exclusively its appearance

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