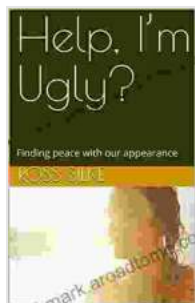


Finding Peace with Our Appearance



Help, I'm Ugly?: Finding peace with our appearance

by Ross Silke

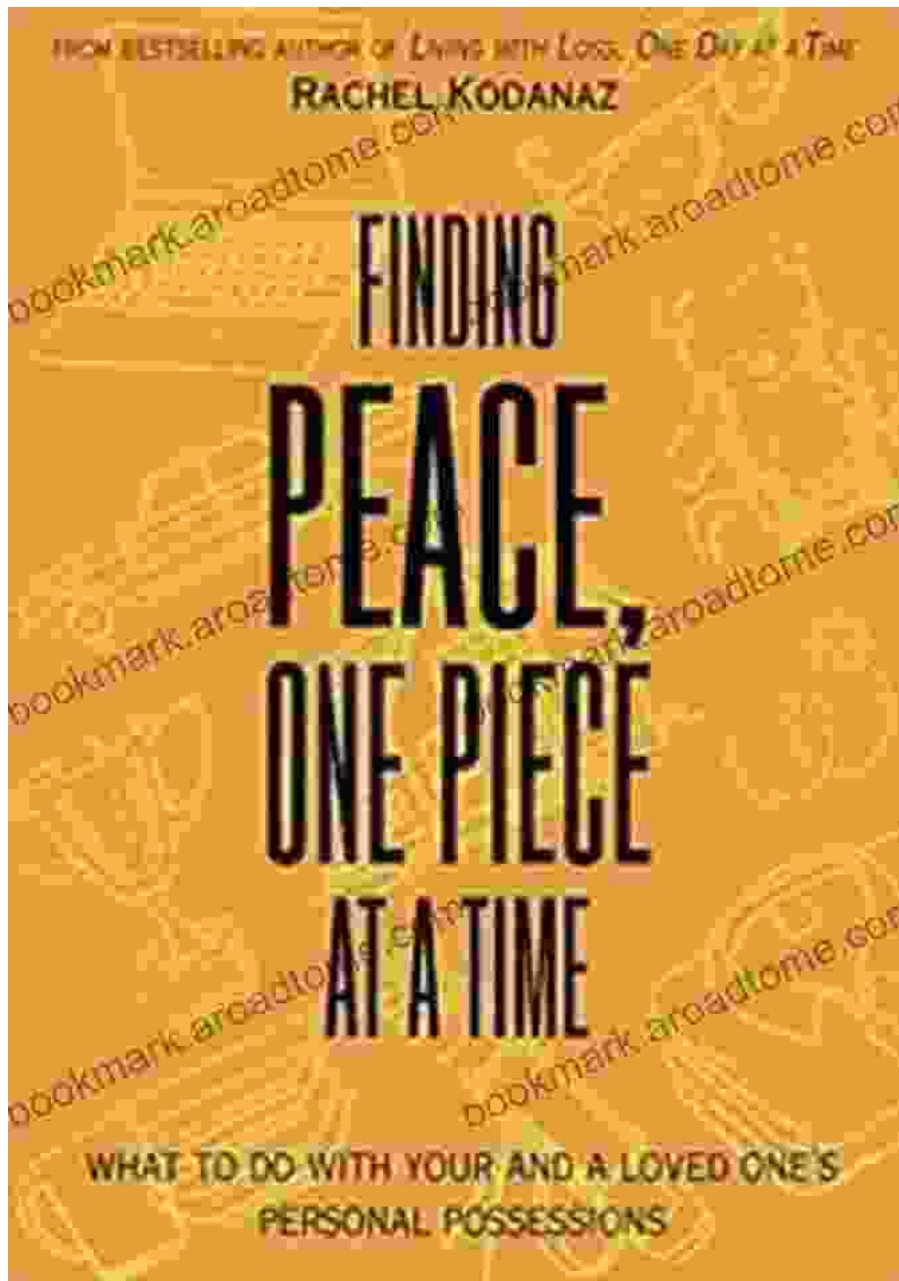
★★★★☆ 4.7 out of 5

Language : English
File size : 949 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 38 pages
Lending : Enabled

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About the Book

In a culture that relentlessly bombards us with images of idealized beauty, it's no wonder that so many of us struggle with body image issues. We may feel ashamed of our bodies, compare ourselves unfavorably to others, and engage in unhealthy behaviors in an attempt to change our appearance.

Finding Peace with Our Appearance is an insightful, practical, and encouraging guide to understanding and overcoming body image issues. In this book, you'll learn:

- The root causes of body dissatisfaction
- How to challenge negative body thoughts
- How to develop a more positive body image
- How to cope with body image challenges in everyday life

If you're struggling with body image issues, you're not alone. *Finding Peace with Our Appearance* can help you make peace with your body and live a more fulfilling life.

Endorsements

"*Finding Peace with Our Appearance* is a must-read for anyone who struggles with body image issues. It's a compassionate and practical guide that can help you break free from the cycle of self-criticism and body dissatisfaction." — **Christy Harrison, MPH, RD, CDN**, author of *Anti-Diet*

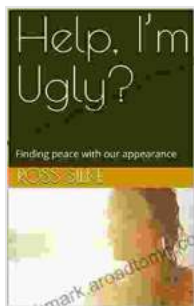
"*Finding Peace with Our Appearance* is an invaluable resource for anyone who wants to improve their body image and self-esteem. Dr. Albers is an expert in the field of body image, and her book is full of evidence-based strategies that can help you make lasting change." — **Tribole, MS, RDN**, co-author of *Intuitive Eating*

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Albers' website.

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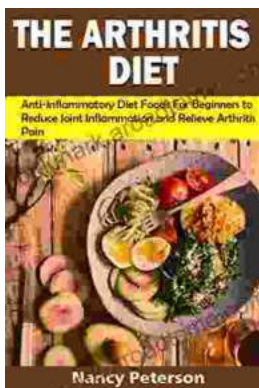


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