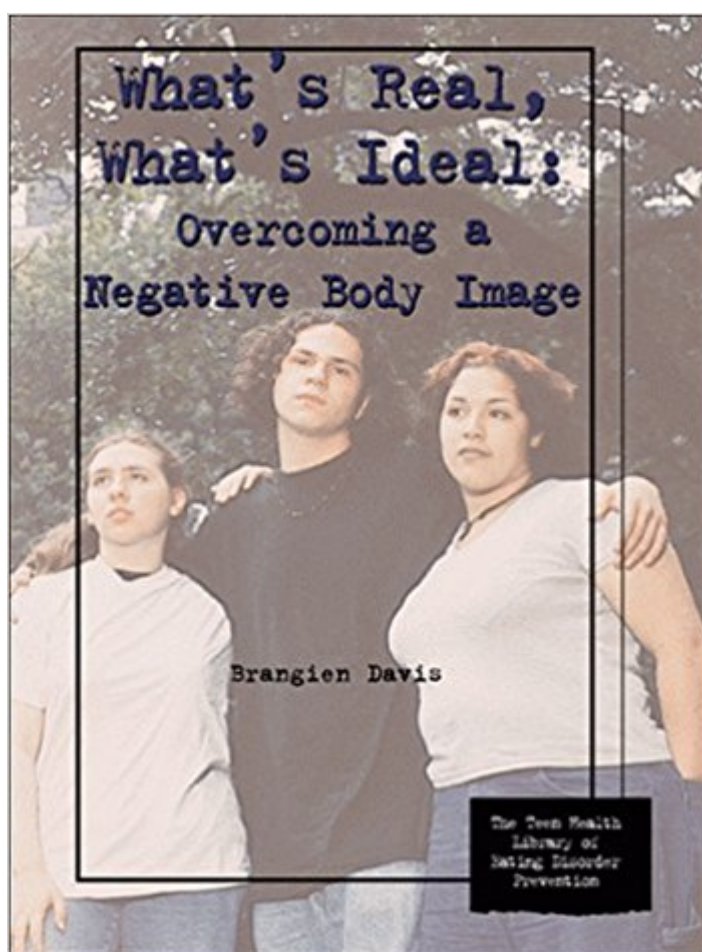


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# What's Real, What's Ideal: Overcoming A Negative Body Image (The Teen Health Library Of Eating Disorder Prevention)



## Synopsis

Accelerated Reader is a program based on the fact that students become more motivated to read if they are tested on the content of the books they have read and are rewarded for correct answers. Students read each book, individually take the test on the computer, and receive gratification when they score well. Schools using the Accelerated Reader program have seen a significant increase in reading among their students. This collection of high/low titles was created to increase the awareness and prevention of two phenomena that have become endemic among the teenage population: unwanted pregnancies and eating disorders. The test disk will help your students remember the important information imparted here. --This text refers to the Library Binding edition.

## Book Information

Series: The Teen Health Library of Eating Disorder Prevention

Paperback: 64 pages

Publisher: Hazelden (April 1999)

Language: English

ISBN-10: 1568382588

ISBN-13: 978-1568382586

Product Dimensions: 0.2 x 7.5 x 9.5 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #6,689,207 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #698 in Books > Teens > Personal Health > Self-Esteem #6853 in Books > Teens > Social Issues

## Customer Reviews

"Nobody is born with a negative body image. It is something that you learn, something that develops over time." One of the more subtle titles in the Teen Health Library of Eating Disorder Prevention series, *What's Real, What's Ideal: Overcoming a Negative Body Image* offers a thoughtful, thorough, and pragmatic exploration of the relationship between teenagers' perceptions of their bodies and their overall health and well being. Bursting with factual information, realistic color photographs, and mini-stories about teens' challenges with their physical appearances, this book maintains a casual and friendly tone throughout. It's the kind of honest, informative text that flies off school library shelves. Aimed at both male and female teens, *What's Real* engages readers with quizzes and checklists to help them determine if they're suffering from negative body image or

displaying warning signs of an eating disorder. It tracks the causes of negative body image and discusses what this attitude can lead to--excessive dieting, compulsive eating, full-blown eating disorders such as anorexia nervosa and bulimia, even self-mutilation. The most remarkable part of the book is the final third, which urges teens to take responsibility for their attitudes about their bodies. Acknowledging that "it may be the hardest thing you ever do," author Brangien Davis offers up pages and pages of creative, concrete suggestions to help teens recast their views of themselves and--in turn--the world around them. (Ages 11 and older) --Jean Lenihan --This text refers to the Library Binding edition.

this book is good the best one i have read this year. and i'm 14 years old and i also have trouble with that well i 'll give it 10 stars if i could

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Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) What's Real, What's Ideal: Overcoming a Negative Body Image (The Teen Health Library of Eating Disorder Prevention) Understanding the Causes of a Negative Body Image (Hazelden/Rosen Teen Eating Disorder Prevention Books) Eating Disorder Survivors Tell Their Stories (The Teen Health Library of Eating Disorder Prevention) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World Anorexia Nervosa: When Food Is the Enemy (Teen Health Library of Eating Disorder Prevention) Exercise Addiction: When Fitness Becomes an Obsession (Teen Health Library of Eating Disorder Prevention) Understanding Sports and Eating Disorders (Teen Eating Disorder Prevention Book) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) Binge Eating: Cure Binge

Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

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