

★ The ★
Body IMAGE
BOOK FOR
Girls

LOVE YOURSELF AND
GROW UP FEARLESS



CHARLOTTE MARKEY

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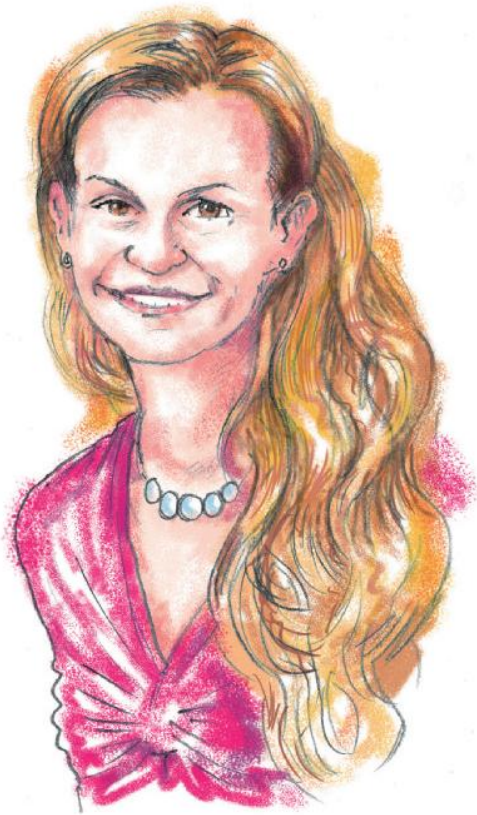
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is a world-leading expert in body image research, having studied all things body image, eating behavior, and weight management for her entire adult life (over 25 years!). She is passionate about understanding what makes us feel good about our bodies 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).

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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.

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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.

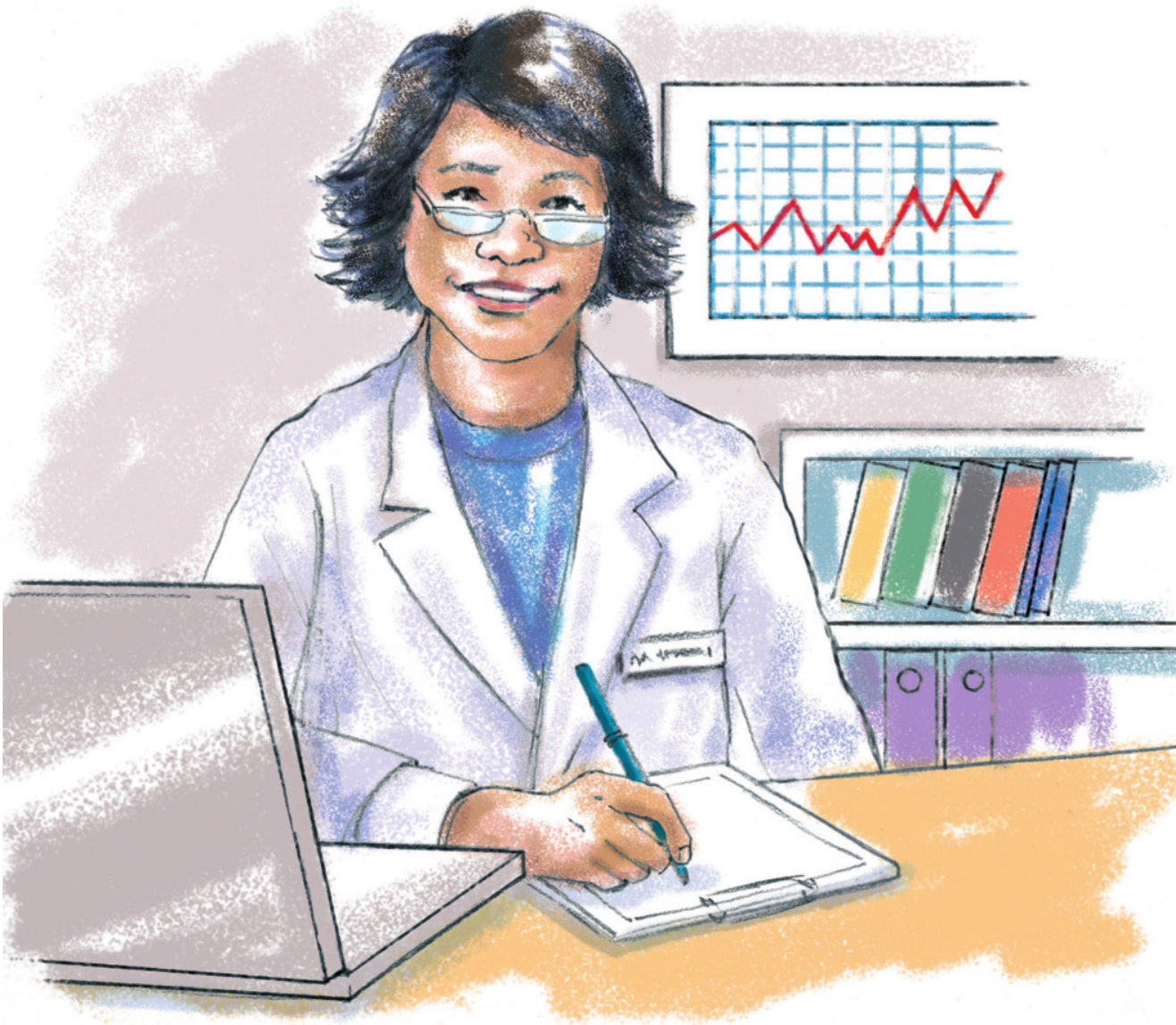
What is body image?

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.