

Obtener libros The Body Myth: Adult Women and the Pressure to Be Perfect

By Margo Maine

When the Desire to Be Thin
Becomes a Dangerous Addiction

The Body Myth

Adult Women and the
Pressure to Be Perfect

Margo Maine, Ph.D., and Joe Kelly



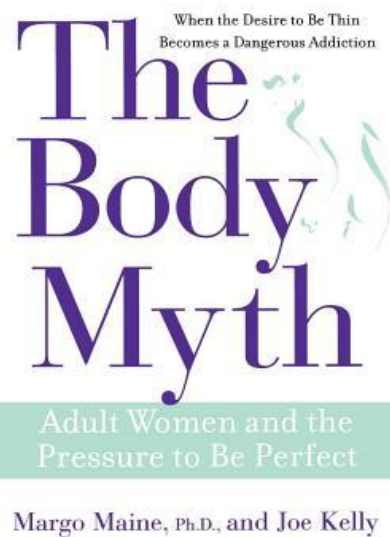
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Books Descriptions

Intellectually, women know that: We are more than the sum of our physical parts. The answers to life's problems can't be found in an "ideal" weight or body shape. Our sense of personal and professional fulfillment shouldn't be determined by our dress size. Still, too many of us remain caught up in the grim downward spiral of body image distress, overexercising, compulsive dieting, and obsessions about "good" and "bad" food. Meanwhile, many of us believe that eating disorders and body image issues are problems for adolescent girls, not for mature women. So we're often too ashamed to talk honestly with anyone about our dilemma. Now there is hope. Clinical psychologist Margo Maine has been successfully helping women over thirty overcome eating disorders and body image problems for more than twenty years. In *The Body Myth*, she explains the terrible toll these problems can take on your life. More importantly, she provides healing insights and proven techniques for reclaiming your

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