



The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks

By Thomas Cash PhD

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Have you ever wondered what it would feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance? What if instead of focusing on your flaws, you felt confident with the body you have right now?

If you don't like what you see when you look in the mirror, you may not realize that these feelings are entirely within your grasp. You don't need extensive cosmetic surgery, pricey beauty treatments, or weight loss programs, but you may need to do something even more drastic—change your perspective and the way you view yourself. **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. This new edition includes discussions of our obsession with physical appearance and with body-fixing options. It helps you discover your personal body image strengths and vulnerabilities and then guides you in creating new, life-changing experiences of mindfulness and body acceptance. After completing this eight-step program, you'll look at yourself in a whole new light—seeing the beauty of the real you.

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Editorial Review

Review

"The problem of body image dissatisfaction is sadly epidemic in today's world. To dislike your own body is to dislike yourself. A negative body image needlessly diminishes the quality of your life. The arrival of *The Body Image Workbook* brings hoped-for relief. Dr. Cash is an acclaimed professional whose eight-step program is sensitive and solution-giving."

—Dr. Joyce Brothers

"Dr. Cash is one of the most sensitive and sympathetic voices on the subject of body image. He brings knowledge and care, intelligence and kindness to a complicated, loaded issue. *The Body Image Workbook* offers a clear road map to understanding body image problems and relieving them."

—Linda Wells, editor-in-chief, *Allure* magazine, former beauty editor, *New York Times*

"Dr. Cash has a knack for translating the best of what science offers into something friendly, supportive, and helpful."

—Kelly D. Brownell, Ph.D., director of the Rudd Center for Food Policy and Obesity at Yale University

"This workbook admirably fulfills the author's objective and promise. It is useful, empathetic, thorough, and common-sensed. My feedback for the author? Nothing, except congratulations!"

—Robert M. Goldwyn, MD, clinical professor of surgery at Harvard Medical School, Division of Plastic Surgery, former chief of plastic surgery at Beth Israel Deaconess Medical Center

"The suffering associated with body image distress can dramatically undermine one's quality of life. Incisively extracting the most helpful findings from thirty years of scientific research and clinical experience, Cash has very effectively created a beautifully organized body image workbook that will help many people. His program offers both hope for relief from body image suffering and practical strategies that can make that hope a reality."

—Thomas Pruzinsky, Ph.D., professor of psychology at Quinnipiac University in Hamden, CT

"Cash has produced an excellent revision of *The Body Image Workbook*. The content is clear, appropriate, and based firmly on published research evidence. Therapeutic techniques that we know are helpful are presented in an accessible and supportive style, with clear guidance and useful help sheets to enable readers to develop new skills and to monitor change. This is essential reading for anyone with body image concerns. It is also a useful resource for professional therapists who wish to help clients who are experiencing distressing body-related thoughts and feelings."

—Dr Sarah Grogan, professor of health psychology at Staffordshire University, Staffordshire, UK, and author of *Body Image: Understanding Body Dissatisfaction in Men, Women, and Children*

From the Publisher

Based on author Thomas Cash's clinically tested program, this major revision of **The Body Image Workbook** offers those who are concerned or distressed about their body image an eight-step program for transforming their relationships with their bodies.

About the Author

Thomas F. Cash, PhD, is a true pioneer in the psychology of physical appearance. He is professor emeritus of psychology at Old Dominion University in Norfolk, VA. He is the founding editor-in-chief of *Body Image: An International Journal of Research* and has published six books and more than 200 scholarly articles on topics related to body image and human appearance, including *What Do you See When You Look in the Mirror?* and *The Body Image Handbook*.

Dr. Cash's professional website is located at www.body-images.com. He currently resides in Naples, FL.

Users Review

From reader reviews:

Sam Stenger:

Reading a reserve can be one of a lot of task that everyone in the world enjoys. Do you like reading book therefore. There are a lot of reasons why people enjoyed. First reading a e-book will give you a lot of new details. When you read a reserve you will get new information simply because book is one of many ways to share the information as well as their idea. Second, examining a book will make an individual more imaginative. When you studying a book especially fictional works book the author will bring one to imagine the story how the figures do it anything. Third, you can share your knowledge to other individuals. When you read this *The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks*, it is possible to tells your family, friends in addition to soon about yours e-book. Your knowledge can inspire others, make them reading a publication.

Iona Calhoun:

Reading a guide tends to be new life style in this particular era globalization. With reading you can get a lot of information that may give you benefit in your life. Together with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or their experience. Not only situation that share in the guides. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there

are many kinds of book which exist now. The authors nowadays always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks.

Joyce Cannon:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks can be very good book to read. May be it can be best activity to you.

William Bottoms:

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