

Body Image And Appearance: The Ultimate Teen Guide - Kathlyn Gay

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This book tackles such topics as the cultural standards of what a 'perfect' body should look like, methods for changing appearances, and matters related to height. Throughout this volume, the author offers advice on how teens can learn to be comfortable with their own bodies and move beyond unhealthy preoccupations with size and appearance. Author: Gay, Kathlyn Publisher: Scarecrow Press Illustration: Y Language: ENG Title: Body Image and Appearance: The Ultimate Teen Guide Pages: 00158 (Encrypted EPUB) / 00158 (Encrypted PDF) On Sale: 2012-07-30 SKU-13/ISBN: 9780810866454 Age: 13-17 Reading Level: 08-12 Lib Category: Self-perception Lib Category: Self-acceptance Category: Juvenile Nonfiction : Social Issues - Self-Esteem & Self-Rel

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