



# The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

By Julia V. Taylor PhD

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## The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World By Julia V. Taylor PhD

Like most teens, you want to feel good about the way you look. But what happens when the way you look just doesn't feel good enough? Whether it's online, on TV, or in magazines, images of impossibly perfect—and mostly Photoshopped—young women are everywhere. As a result, you may feel an intense pressure to look a certain way. Your friends feel the pressure too, which often creates a secret comparison competition that can make you feel worse about yourself. So how can you start feeling good about who you are, as is?

In *The Body Image Workbook for Teens*, you'll find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. You'll also learn powerful coping strategies to deal with the daily, intense pressures of being a teenage girl.

Being a teen girl in today's world is hard, and no one knows that more than you. But if you are ready to stop comparing yourself to others, silence your inner critic, and build authentic, lasting self-confidence—this book is your go-to guide.

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### Editorial Review

#### Review

“*The Body Image Workbook for Teens* gives girls indispensable tools to develop a positive body image. But, just as importantly, the exercises help girls develop important critical thinking skills. The book is compassionate, direct, and gives girls the opportunity to do what’s best for themselves. I can’t wait to use the wisdom in these pages with the girls I work with!”

—**Rosalind Wiseman**, author of *Queen Bees & Wannabes*, the book that inspired the motion picture, *Mean Girls*

“With her expert wisdom and her trustworthy tone, Julia V. Taylor offers a brilliant workbook that naturally guides teen girls to get to know and love their authentic selves. Filled with activities and peer anecdotes, this book helps girls identify the specific steps to confidently navigate the journey toward self-love. This workbook is a refreshingly reliable and relatable resource for teens. It is validating, empowering, and very honestly acknowledges how real these struggles are for girls today. In a world where women and girls are battling a very real confidence crisis, *The Body Image Workbook for Teens* serves as a key part of the solution.”

—**Haley Kilpatrick**, founder and CEO of *Girl Talk* and author of *The Drama Years: Real Girls Talk about Surviving Middle School—Bullies, Brands, Body Image, and More*

“When I’m asked to recommend the best curricula for girls, I always turn to Julia V. Taylor’s work. There are few educators who understand girls as well as her, and *The Body Image Workbook for Teens* is an exceptional example. In this book, Taylor delves beneath the surface of body image distress to help girls own their strengths and value their bodies for what they are—not what they look like. I highly recommend this much-needed tool and look forward to using it myself.”

—**Rachel Simmons**, author of *Odd Girl Out*, *Odd Girl Speaks Out*, and *The Curse of the Good Girl*

“Finding the right tone to connect with teens about body image and body esteem can be a challenge, but *The Body Image Workbook for Teens* hits the mark. The anecdotes, examples, and exercises are pitched perfectly for a teen audience. They capture day-to-day experiences that can undermine teens’ self-confidence and provide clear strategies for navigating esteem minefields. An excellent resource to align professionals with teens. All will benefit from affirming strategies that help you value yourself for who you are, not how you look.”

—**Cynthia Bulik, PhD**, author of *The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are*

“Julia V. Taylor’s *The Body Image Workbook for Teens* is a much-needed antidote to the negative influence media and cultural messages can have on the psyche of the developing adolescent. Educators, school counselors, therapists, parents, and of course, teens—this is the tool we have been waiting for!”

—**Lisa Flynn**, founder and director of *ChildLight Yoga* and *Yoga 4 Classrooms*, and author of *Yoga 4 Classrooms Card Deck* and *Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for*

“With the growing need for more tangible, practical discussion around body image and self-esteem, this workbook serves as a much-needed resource for teens, educators, and parents everywhere. With its easy-to-follow nature, rewarding exercises, and real-life examples to work off of, readers will gain insight on how to discover their true feelings and begin the journey toward self-love and acceptance.”

—**Jess Weiner**, self-esteem expert and social messaging strategist

#### About the Author

**Julia V. Taylor, MA**, is author of *Salvaging Sisterhood* and *Perfectly You*, and is coauthor of *G.I.R.L.S. (Girls in Real Life Situations)* and *The Bullying Workbook for Teens*. Taylor has worked as a middle and high school counselor and has a passion for empowering girls to stand up to unrealistic media expectations, take healthy risks, and cultivate meaningful relationships. Visit her online at [www.juliavtaylor.com](http://www.juliavtaylor.com).

Foreword writer **Melissa Atkins Wardy** is the author of *Redefining Girly* and the owner of Pigtail Pals & Ballcap Buddies, an online boutique offering empowering children’s apparel. Find her at [www.pigtailpals.com](http://www.pigtailpals.com).

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**Marc Dean:**

The book untitled The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World contain a lot of information on it. The writer explains your ex idea with easy way. The language is very clear and understandable all the people, so do not worry, you can easy to read it. The book was authored by famous author. The author provides you in the new period of literary works. It is possible to read this book because you can read on your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official website and also order it. Have a nice study.

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