

Resources Related to *Improving Your Relationship With Your Body*

The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks by Thomas Cash (2008). New Harbinger Publications.

Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems by Sabine Wilhelm (2006). Guilford Press.

The Body Myth: Adult Women and the Pressure to be Perfect by Margo Maine and Joe Kelly (2005). Wiley.

Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers by Nancy Amanda Redd (2007). Gotham.

The Beauty Myth: How Images of Beauty Are Used Against Women by Naomi Wolf (2002). Harper Perennial.

You can also check my [Huffington Post](#) blog for posts related to body image.