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## The Body Wars: Why body dissatisfaction is at epidemic proportions and how we can fight back (Paperback)

By Dr. Aric Sigman

Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Girls and women of all ages have never been more unhappy with their bodies. And research shows that slim women are often no more satisfied with their bodies than overweight ones. Forty years after the debut of body politics, fat is more of a feminist issue than ever. So why has body dissatisfaction become the norm? Why are children as young as 3 years of age worried about their appearance? Why are eating disorders, weight and shape concerns affecting so many women? And what can we do to deal with the negative effects this is having on people's lives? Leading psychologist Dr Aric Sigman tackles body dissatisfaction in a direct, uncompromising way, examining the leading research, identifying the key issues and contributing personal experiences. And he calls on the untapped army of husbands, partners and fathers to come out fighting to help change the way girls and women feel. The Body Wars also offers clear, practical solutions for individuals, parents and society to help reduce and prevent what is fast becoming a world-wide epidemic.



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