



Body Image: Understanding Body Dissatisfaction in Men, Women and Children

Sarah Grogan

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A comprehensive overview of the subject of body image, pulling together diverse research from the fields of psychology, sociology, media, and gender studies in men, women, and children.

This third edition has been thoroughly revised and updated to reflect the ongoing high levels of research activity on body image. In addition to examining evidence for sociocultural influences on body image, the book also reviews recent literature and includes fresh material on body modification practices and body dysmorphic disorder. It takes a critical look at interventions designed to promote positive body image and also attempts to link body image to physical health, with a particular focus on motivations for potentially health-damaging practices such as anabolic steroid use and cosmetic surgery.

Concise and coherent, with extensive coverage of men and children as well as women, the new edition of this successful text will be invaluable to students and researchers in the area as well as those with an interest in how to promote positive body image.

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