

Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers

"You'd think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I'd had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women's bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you'll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?"—Nancy Redd

From fashion magazines to taboo Web sites, curious young women have access to tons of old wives' tales about and thousands of airbrushed and inaccurate images of the female body—information and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures. Teaming up with a leading physician specializing in adolescent health issues, Harvard graduate and former Miss Virginia Nancy Redd now offers a down-to-earth, healing, and reassuring response to those damaging myths. In *Body Drama*, Redd gives girls insight into the issues they're often too ashamed to raise with a doctor or parent. She also reveals her own experiences with the culture of "American beauty," and shows readers all the many versions of "normal." From body hair and bras, to acne and weight issues, along with crucial issues such as the importance of a healthy self image, *Body Drama* is a groundbreaking book

Body Drama Real Girls Real Bodies Real Issues Real Answers

Libby Bennett, Ginger Holczer



Body Drama Real Girls Real Bodies Real Issues Real Answers:

Body Drama Nancy Amanda Redd, 2007-12-27 You d think a Miss America swimsuit winner would feel completely confident about her body right Not always So I decided to write the book I wish I d had as a teen and in college an honest funny practical medically accurate totally reassuring guide to how women s bodies actually look smell feel behave and change Alongside real deal photographs of women just like you and me no airbrushing no supermodels no kidding you ll find medical pictures of things you need to be able to recognize true confessions by yours truly and the encouragement you need to appreciate the uniqueness strength and beauty of your body What are you waiting for Nancy Redd From fashion magazines to taboo Web sites curious young women have access to tons of old wives tales about and thousands of airbrushed and inaccurate images of the female body misinformation and harmful portrayals that can lead to low self esteem self destructive acts or even disturbing plastic surgery procedures Teaming up with a leading physician specializing in adolescent health issues Harvard graduate and former Miss Virginia Nancy Redd now offers a down to earth healing and reassuring response to those damaging myths In *Body Drama* Redd gives girls insight into the issues they re often too ashamed to raise with a doctor or parent She also reveals her own experiences with the culture of American beauty and shows readers all the many versions of normal From body hair and bras to acne and weight issues along with crucial issues such as the importance of a healthy self image *Body Drama* is a groundbreaking book packed with informative fast facts FYIs how tos and moving personal anecdotes as well as hundreds of un retouched photographs A highly visual book it s the first of its kind for women filled with real information and real photographs of real bodies to celebrate all our different shapes and sizes Named by *Glamour* magazine as one of America s top ten college women most likely to succeed at anything Redd has spent the most recent years of her life on a mission to tackle the issues least discussed but most significant in young women s lives Celebrating the many versions of normal and replacing seriously erroneous information with the honest medically proven truth in a language all girls can understand *Body Drama* dares to empower a new generation with facts instead of fantasies and the priceless gift of self knowledge

Good Girls Don't Get Fat Robyn Silverman, 2010-10-01 Based on Dr Robyn Silverman s groundbreaking research at Tufts University and filled with searingly honest young voices *Good Girls Don t Get Fat* Decodes the ripple effects of actions that damage our girls and provides tools to help stop them Shines light on the positive influence of women who embrace body types of any size and explains how to model the right behavior Shows how girls whatever their size can own their strengths trust their power and accomplish amazing things

Body Image Ronald D. Lankford, Jr., 2010-05-14 Body image is the mental picture you have of your body that influences factors like confidence weight control and self esteem This expansive volume delves into the complex topic of body image The book discusses what body image is how society and culture affect body image and if advertising distorts body image Readers are provided with discussion questions a list of organizations to contact and a comprehensive index

You'd Be So Pretty If... Dara

Chadwick,2010-06 *You d Be So Pretty If I* grew up listening to my mom bemoan everything from the size of her thighs to the shape of her eyes So you can imagine my dismay the first time someone exclaimed You look just like your mother Every mom wants her daughter to feel confident in her own skin but may often unconsciously impose her own body image blueprint Dara Chadwick s *You d Be So Pretty If* reveals What girls learn when Mom diets How to talk to your daughter about healthy eating and exercise habits The trigger words that set off a body image crisis How to recognize a budding eating disorder With humor and compassion *You d Be So Pretty If* offers parents fresh and useful strategies for conveying that success isn t negated by carrying extra pounds or guaranteed by keeping them off Conscious Women Rock the Page: Using Hip-Hop Fiction to Incite Social Change Marcella Runell Hall,2008 Three award winning activists and novelists Black Artemis E Fierce and J Love join social justice educator Marcella Runell Hall and a diverse team of seasoned educators to develop this collection of engaging and timely standards referenced lesson plans for 6 12 and beyond These lessons explore the tools of oppression that keep us divided such as violence patriarchy and racism The lessons are based on the popular books *The Sista Hood On the Mic Picture Me Rollin and That White Girl* Feel Good, Look Great! Steve Parker,2009 Discusses the importance of a healthy diet for teenagers and also covers physical exercise coping with stress and peer pressure puberty and other related topics **Healing Painful Sex** Deborah Coady,Nancy Fish,2011-11-01 Millions of women suffer from sexual and pelvic pain in America today yet it is frequently misdiagnosed or not diagnosed at all In *Healing Painful Sex* Deborah Coady MD and Nancy Fish use their combined professional expertise as a doctor and therapist who specialize in sexual pain to provide readers with an understanding of its many causes and how to treat them from both a physical and psychological standpoint Organized into three parts naming the problem getting a diagnosis and overcoming pain *Healing Painful Sex* includes medical checklists illustrations vignettes based on interviews with women and their healthcare professionals treatment options and guidance for moving forward after healing Coady and Fish speak honestly and directly to sexual pain sufferers experiences helping them address the problem of chronic pain understand and prevent misdiagnoses define medical terms and conditions and regain sexual joy Comprehensive multi dimensional and deeply insightful *Healing Painful Sex* offers women the tools to successfully take on the many challenges of sexual pain and move toward a healthy happy future **Cosmetic Surgery** Marcia Amidon Lusted,2009-08-01 This title gives readers a balanced look at the issue of cosmetic surgery and the surrounding arguments Readers will learn about the role of history culture and media in relation to cosmetic surgery as well as the different types of cosmetic surgery and how the procedures work Also covered are issues regarding the dangers of cosmetic surgery and its increasing use among teens as well as how cosmetic surgery has improved throughout the years and its use after injuries or to correct birth defects Color photos and informative sidebars accompany easy to follow text Features include a timeline facts additional resources web sites a glossary a bibliography and an index *Essential Viewpoints* is a series in *Essential Library* an imprint of ABDO Publishing Company

Finding and Revealing Your Sexual Self Libby Bennett, Ginger Holczer, 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and Sexercises designed to enhance the information in each chapter The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations Special Sexual Healing sections are dispersed throughout containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy Finding and Revealing Your Sexual Self helps readers to become sexually self aware and able to share this awareness with their partner while providing the tools to discuss sex with professionals if necessary

Cooler Than Fiction Jill S. Jarrell, Tara C. Cannon, 2014-01-10 Designed for public librarians school media specialists teachers and anyone with an interest in supporting teen literacy this book features 133 nonfiction booktalks to use with both voracious and reluctant teen readers These booktalks cover a wide and varied range of nonfiction genres including science nature history biography graphic novels true crime art and much more Each includes a set of discussion questions and sample project ideas which could be easily expanded into a classroom lesson plan or full library program Also included are several guidelines for classroom integration tips for making booktalks more interactive and interesting and selections for further reading

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