

MIRROR MADNESS



A GUIDE TO BETTER BODY IMAGE

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Foreword

Body image is the representation we produce of what we think we look like; it might or may not bear a close relation to how other people really see us.

That is, they are subject to all sorts of distortion from inner elements like our emotions, moods, early experiences, mental attitudes of our parents, and much more.

All the same, it powerfully influences behavior. Engrossment with and distortions of body image are far-flung among American women , however they're driving forces in eating disorders, feeding severe panic than may be alleviated only by dieting. Get all the info you need here.

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