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In Beauty Sick, Renee Engeln, PhD, provides invaluable motivation and workable solutions for women to embrace their whole selves, claim the futures they deserve, and, ultimately, change the very world that made them beauty sick in the first place.

Beauty Sick: How the Cultural Obsession with Appearance

In Beauty Sick, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money ...

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'Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women' is a nonfiction book about the psychological relationship between women and their body image.

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A TEACHER'S GUIDE TO RENEE ENGELN'S BEAUTY SICK 3 About the Book Combining scientific study with voices of real women, Beauty Sick reveals the shocking consequences of our culture's obsession with girls' appearance on their emotional and physical health as well as on their wallets and ambitions.

A TEACHER'S GUIDE TO - HarperCollins

Beauty sickness is what happens when women's emotional energy gets so bound up with what they see in the mirror that it becomes harder for them to see other aspects of their lives.

Renee Engeln Beauty Sick Book Women Body Image Issues

Renee Engeln, Ph.D., professor of psychology at Northwestern University, is the author of Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women.

Beauty Sick | Psychology Today

Beauty Sick is the title of Engeln's new book, which has more than 350 pages of exhaustive research, interviews, and analysis into the set of contradictions that inform the reality of millions of women's lives.

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