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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Body image and eating issues -- Chapter 2. Improving body image.
Sommario/riassunto	Body image can be influenced by a complex interaction of factors ranging between a person's individual thoughts, beliefs, feelings and behaviours regarding their own body, and their perception of what counts as the ideal body within their own social and cultural environment, and in the media. This book explains body dissatisfaction and eating disorder issues, and focuses on developing ways of improving body image, particularly in children and young people.