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Nota di contenuto	Reflections of Body Image in Art Therapy: Exploring Self through Metaphor and Multi-Media; Foreword by Dr. Richard Carolan; Acknowledgments; Introduction; 1 Hoisting the Sails: The Journey of Self-Discovery Begins; 2 Lessons from the Ocean: Riding the Waves of Emotions; 3 Art and Mindfulness: The Maiden Voyage Upon the Waters of Life; 4 The Heroine's Journey: Finding Hope and Strength from Within; 5 Notion of Emotions: Rating Intensity and Environmental Influence; 6 A Woman's Purse: Reflection of Self; 7 If the Shoe Fits: Footwear for the Life Journey; 8 Beyond Skin Deep: Barbie Finds Her Voice 9 Reframe Your Frame: Celebrating the Culture of the Human Body 10 Tree of Life: Exploration of Self in Nature; 11 Thinking Outside of the Mirror: A Celebration of the Human Body; 12 A Vase of Flowers: Depicting Self in Still Life; 13 Heads and Tales: Creating a Body for Life; References; Index; Blank Page
Sommario/riassunto	The art-based activities in this book use a range of media to engage with common body image concerns and encourage self acceptance. It will be valuable to professionals working with girls and women

struggling with eating disorders. All the exercises, and their benefits,  
are fully explained with illustrative case studies and sample artworks.

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