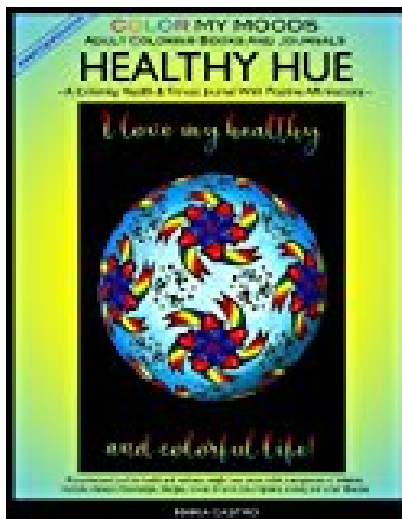


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**BOOK DETAILS**

- Author : Maria Castro
- Pages : 158 Pages
- Publisher : Scribo Creative
- Language : English
- ISBN : 1946322024

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## **BOOK SYNOPSIS**

Clinical psychologist Margo Maine has been successfully helping adult women overcome eating disorders and body image problems for over twenty years. In *The Body Myth*, she explains the toll these problems can take on women's lives and provides healing insights and proven techniques for reclaiming readers' lives from the debilitating belief that a woman's self-worth and her worth to others are derived from how she looks, how much she weighs, and what she eats—the Body Myth. Using poignant real-life stories, Dr. Maine explores the complex emotional, social, and cultural forces that perpetuate the Body Myth. A unique and invaluable source of information and inspiration, this breakthrough guide equips readers with the knowledge and tools to escape the clutches of the Body Myth and live a more balanced, fulfilling life.

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