

Body Image and Appearance: The Ultimate Teen Guide (It Happened to Me)

By Kathlyn Gay

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Body image is a pervasive preoccupation for almost all teens. Nearly every teen has dealt with issues of height, weight, skin, and other features. And many teens have undertaken diets, engaged in body building programs, or resorted to surgery to alter their appearances. In *Body Image and Appearance: The Ultimate Teen Guide*, author Kathlyn Gay addresses all of these concerns to provide teens with a healthy way to think about themselves.

This book tackles such topics as the cultural standards of what a "perfect" body should look like, methods for changing appearances, and matters related to height, such as dwarfism and height discrimination. Throughout the book, Gay offers advice on how teens can learn to be comfortable with their bodies and move beyond unhealthy preoccupations with size and appearance.

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Body Image and Appearance: The Ultimate Teen Guide (It Happened to Me) By Kathlyn Gay Bibliography

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Editorial Review

From School Library Journal

Grade 9 Up—Even though body image is adequately covered in many titles, and there are plenty of books that address issues such as plastic surgery, eating disorders, and body building, this one is different. The author takes a holistic approach to the topic, focusing on more than just girls wanting to be thin and boys wanting to be muscular. There are also chapters on dwarfism and weight bias. The writing is easy to understand and flows well. The book is full of first-person accounts of what it is like to be overweight/short/disfigured, etc. Each chapter includes copious endnotes and a list of resources. A few black-and-white photos appear throughout. A serviceable but not inspired choice.—*Robin Henry, Wakeland High School, Frisco, TX*

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From [Booklist](#)

From asthma to volunteering, the topics covered in the long-standing *It Happened to Me* series address a wide spectrum of adolescent concerns. These entries follow the series' standard format, which includes a stark, lackluster layout that is further diminished by a weak selection of grainy, poorly reproduced black-and-white photos. The serviceable text is the selling point here, and each title's straightforward language is personalized with numerous heartfelt quotes from teens. *Body Image and Appearance* moves beyond expected sections on eating disorders and Barbie's cultural impact to examine how muscularity, height, dwarfism, and disfigurement affect self-image. Examples of historical practices, from skull modification to foot binding, will particularly grab teens' attention, while eye-opening statistics confirm what teens know about the impact of parents, peers, and cultural ideals of beauty on individual self-esteem. With extensive chapter notes and resource lists, these titles offer reliable starting places for personal or academic research. Grades 8-12. --Gillian Engberg

Review

Even though body image is adequately covered in many titles, and there are plenty of books that address issues such as plastic surgery, eating disorders, and body building, this one is different. The author takes a holistic approach to the topic, focusing on more than just girls wanting to be thin and boys wanting to be muscular. There are also chapters on dwarfism and weight bias. The writing is easy to understand and flows well. The book is full of first-person accounts of what it is like to be overweight/short/disfigured, etc. Each chapter includes copious endnotes and a list of resources. (*School Library Journal, May 2010*)

Overall it is an excellent resource for teens....Very approachable for readers....Some teens will find it useful for reports on the specific subjects covered, whereas others may enjoy it for browsing or pleasure reading. (*VOYA, February 2010*)

Users Review

From reader reviews:

Eunice Bosse:

The book *Body Image and Appearance: The Ultimate Teen Guide (It Happened to Me)* give you a sense of

feeling enjoy for your spare time. You can use to make your capable far more increase. Book can to get your best friend when you getting stress or having big problem along with your subject. If you can make examining a book Body Image and Appearance: The Ultimate Teen Guide (It Happened to Me) to get your habit, you can get considerably more advantages, like add your own personal capable, increase your knowledge about some or all subjects. It is possible to know everything if you like open up and read a guide Body Image and Appearance: The Ultimate Teen Guide (It Happened to Me). Kinds of book are several. It means that, science reserve or encyclopedia or other people. So , how do you think about this reserve?

June Edwards:

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Justin Belz:

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