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She is the author of more than 200 articles and book chapters and several books, including the self-help guide Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems, which was cited as a Self-Help Book of Merit by the Association for Behavioral and Cognitive Therapies (ABCT). She is a Fellow of ABCT and the Association for Psychological Science.

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Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems. In a society where a blemish or " bad hair " can ruin an otherwise perfect day and airbrushed abs dominate the magazine rack, many of us feel ashamed of our bodies.

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To feel better about the way you look, think about the reasons why you feel insecure so you can then change the way you think about yourself. For example, maybe your parents or friends pressured you into looking a certain way or you idolize pop stars with “ perfect ” bodies.

How to Feel Better About the Way You Look (with Pictures)
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INTRODUCTION : #1 Feeling Good About The Way Publish By Stan and Jan Berenstain, Feeling Good About The Way You Look A Program For she is the author of more than 200 articles and book chapters and several books including the self help guide feeling good about the way you look a program for overcoming body image problems which was

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