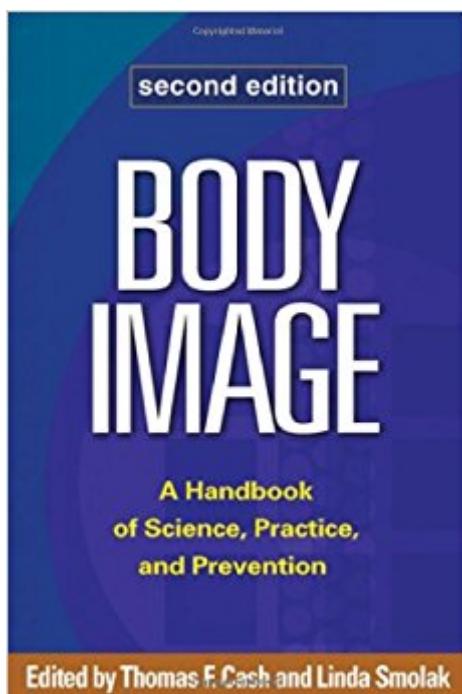


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# Body Image, Second Edition: A Handbook Of Science, Practice, And Prevention



## Synopsis

The standard reference for practitioners, researchers, and students, this acclaimed work brings together internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Contributors review established and emerging theories and findings; probe questions of culture, gender, health, and disorder; and present evidence-based assessment, treatment, and prevention approaches for the full range of body image concerns. Capturing the richness and complexity of the field in a readily accessible format, each of the 53 concise chapters concludes with an informative annotated bibliography. <sup>Â</sup> New to This Edition \*Addresses the most urgent current questions in the field.\*Reflects significant advances in key areas: assessment, body image in boys and men, obesity, illness-related body image issues, and cross-cultural research. \*Conceptual Foundations section now incorporates evolutionary, genetic, and positive psychology perspectives. \*Increased coverage of prevention.

## Book Information

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## Customer Reviews

"This volume offers the most comprehensive review to date of knowledge about body image. Whether you are a professional or student interested in body image, you should keep this book close at hand. The second edition maintains the high standards of its predecessor while incorporating the latest research. Highlights include more information about the neuroscientific bases of body image and expanded coverage of prevention."--Sabine Wilhelm, PhD, Department of Psychiatry, Harvard Medical School; Chief of Psychology, Massachusetts General Hospital"The first

edition of this book was great, and this one is even better. It captures the significant advances that have occurred in the field over the past decade. This is the definitive work on all matters pertaining to body image."--Kelly D. Brownell, PhD, Robert L. Flowers Professor of Public Policy and Dean, Sanford School of Public Policy, Duke University"Cash, Smolak, and their contributing authors summarize most of what is currently known about body image. They cover the full range of relevant topics in 53 concise chapters. This terrific volume is the standard work on body image for clinicians, researchers, teachers, and students across disciplines."--Carlos M. Grilo, PhD, Departments of Psychiatry and Psychology and Director, Program for Obesity, Weight, and Eating Research, Yale UniversityÂ "Cash and Smolak are world-renowned researchers who provide extensive information on all aspects of body image disturbance. This book is 'must' reading for anyone entering the field of mental health, as well as those already practicing. It discusses everything from developmental aspects of body image, to the normal range of appearance-related concerns, to assessment and treatment of body image disorders. There is no comparable book on the market today."--Fugen Neziroglu, PhD, ABBP, Director, Bio-Behavioral Institute, Great Neck, New York"This creatively edited book provides an enriching and intelligent read, filled with a diverse group of authors and subjects." (Journal of Social Work Practice in the Addictions 2012-10-11)"This book is remarkable in its scope, including information difficult to find elsewhere, and nowhere singly....An outstanding contribution to the field." (Psychology of Women Quarterly 2012-10-11)"This handbook should prove relevant to a wide audience. Researchers, especially graduate students, will find a wealth of information on assessment instruments and future directions for study....The book will not only be useful to researchers but also will give clinicians such as psychiatrists, psychologists, and mental health professionals a deeper understanding of cutting-edge issues of body image." (Journal of the American Medical Association 2012-10-11)"This timely book may encourage greater communication and cross-fertilization among disciplines and fields. It provides a wealth of ideas for those interested in this fascinating topic and will serve as a valuable and frequently referenced resource." (New England Journal of Medicine 2012-10-11)"Particularly relevant to mental health practitioners, clinical psychologists and nurses delivering holistic care." (Nursing Standard 2012-10-11)"An invaluable theoretical reference and inspiration for research....A resource that should have a place on the shelf of anyone who engages in research or practice concerning body image and its related psychopathologies....Well worth the purchase....The novel topics and integration of cutting-edge science will help guide the next wave of research, practice, and prevention work....Chapters of this book would make for excellent readings for courses that discuss such disparate topics as eating psychopathology, applications of feminist theory, and health

psychology, among others. In addition, this book would make an excellent primary text for an undergraduate or graduate topics course concerning body image. Cash and Smolak also do a superb job of integrating the information from this 53-chapter text in their introductory and concluding chapters, accurately assessing the strengths as well as potential areas of growth for the science surrounding this construct." (Psychology of Women Quarterly 2013-01-16)

Thomas F. Cash, PhD, is Professor Emeritus of Psychology at Old Dominion University in Norfolk, Virginia. His research focuses on influences of physical appearance and body image on psychosocial functioning, including such topics as body image development, assessment, and treatment; obesity; eating disorders; cosmetic surgery; appearance-altering conditions; and appearance stereotyping and discrimination. He has authored or edited eight books and over 200 journal articles and book chapters. Dr. Cash has developed an empirically supported cognitive-behavioral program for body image improvement, as well as over a dozen validated assessments of dimensions of body image. He is the founder and Editor-in-Chief of *Body Image: An International Journal of Research* and an elected Fellow of the Association for Psychological Science. Dr. Cash resides in Naples, Florida. Linda Smolak, PhD, is Professor Emerita at Kenyon College in Gambier, Ohio. Her research focuses on the development of body image and disordered eating, including such topics as media and familial influences on children's body image; child sexual abuse and body image; muscle building among adolescent boys; eating disorder prevention programs; athletic participation and body image; and gender roles and body image. She has been involved in the development of several body image-related scales. Dr. Smolak is author or editor of seven books and dozens of journal articles and book chapters. She is an Associate Editor of *Body Image: An International Journal of Research* and serves on the editorial board for *Eating Disorders: A Journal of Treatment and Prevention*.

I purchased it mainly as a go-to text to learn by. So far, so good.

This book is not well organized for me. Hard to find things

This volume has been skillfully edited by two of the world's leading experts on body image. Both have had long and distinguished scientific careers which provide the foundation for them to make this particularly practical contribution to the scholarly literature. The editors have brought together the most knowledgeable experts on an impressively wide range of body image topics. Reading the

chapters of this book is like having the unique and rich opportunity to speak in person with a leading scholar and have them provide a clear and concise review of the scientific literature that has been the focus of their attention for many years (often decades). This book makes a particularly unique contribution by virtue of its combination of concision, clarity, and comprehensiveness. If you want the "best of" the scientific literature on body image from the people who know, then this is the book for you.

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