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In Beauty Sick, Renee Engeln, PhD, provides invaluable motivation and workable solutions for women to embrace their whole selves, claim the futures they deserve, and, ultimately, change the very world that made them beauty sick in the first place. Beauty Sick reveals the shocking consequences of our culture 's obsession with appearance on girls ' and women ' s emotional and physical health, their wallets, and their ambitions. Those consequences include depression, eating disorders ...

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Beauty Sick is a thought provoking and illuminating read which explores the way that girls and women of all ages are affected variably by the concept of "beauty sickness". Engeln succinctly explores the various elements of beauty sickness from the need to constantly check the mirror to not being able to leave the house without make-up or the belief that as women we can only be happy and successful if we fulfil the conventional beauty standard portrayed in the media.

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Beauty Sick How the Cultural Obsession with Appearance Hurts Girls and Women . Home ; Beauty Sick How the Cultural Obsession with Appearance Hurts Girls and Women; Review : This was a great book. I listened to it on audiobook and every day I came home with things to talk about with my wife.

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Simply put, a beauty-sick culture leaves too many of today's women at risk. Yet many of these same women are eager for a way to step away from the mirror-eager for a way forward.

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Beauty Sick builds its case with a combination of interviews, personal stories, pop culture case studies, statistics, and studies from the BAM; Engeln convincingly argues that our culture 's current correctives to beauty sickness—including media-literacy training,

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“body positive” advertising, and working to expand the definition(s) of traditional “beauty”—are not working. In fact, they may be making things worse.

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how the cultural obsession with appearance hurts girls and women by Renee Engeln RELEASE DATE: April 18, 2017 How real women continue to struggle to reach the fictitious goal of having the perfect body.

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Renee Engeln Ph.D. Renee Engeln, Ph.D., a professor of psychology at Northwestern University, is the author of Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women. Her...

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In Beauty Sick, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must ...

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They are ready to fight back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In Beauty Sick, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and ...

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