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Next Door Neighbors Puppet Guide Book

Carolyn Black Becker, Eric Stice



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Eating Disorders: A Handbook of Christian Treatment, 2008

The Sorority Body Image Program Group Leader

Guide Carolyn Black Becker, Eric Stice, 2008 Teens and young adult women are highly likely to experience some level of body dissatisfaction which if ignored can result in unhealthy dieting habits anorexia or bulimia One in ten adolescent females experience threshold or subthreshold bulimia nervosa but less than 25% of them ever seek treatment Because body dissatisfaction is so prevalent in our society it is often overlooked until it becomes a life threatening illness Treating low body image before it turns into a more serious health risk is the best way to protect young women s health This intervention program stops the onset of dangerous body dissatisfaction by teaching participants to understand and reject the hoax of society s thin ideal Young women in college are at a particularly high risk for dangerous body dissatisfaction and this risk can be exponentially increased for members of sororities In efforts to combat this problem many sororities now offer eating disorder awareness programs for their members This adaptation of the successful Body Project program is designed specifically for use by sororities workbook examples exercises and facilitator s instructions have all been tailored for use in a sorority setting The accompanying workbook contains various assignments that keep participants thinking critically about the thin ideal

Unhooked Laura Dawn, 2014-08-01 Break unhealthy food habits with these practical steps that combat the mental and emotional factors keeping us hooked unhappy and overweight Our relationship with food extends far beyond survival It incorporates aspects of physiology emotions thought patterns and how we feel about ourselves all influenced by a culture that turns food into a source of compulsion and guilt Despite our best efforts many of us remain hooked to unhealthy food habits habits that keep us overweight and unhappy In *Unhooked* Laura Dawn sheds light on the food struggle from six essential perspectives environmental physiological behavioral mental emotional and spiritual And she provides concrete steps you can take to free yourself from your personal food traps whether it s chronic overeating incessant cravings food addiction yo yo dieting disordered eating or the inability to eat certain foods in moderation These steps empower us to shift our perspective on food fueling our transformation to vibrant health and reminding us that we are all worthy of living the healthy lives of our dreams

Fight Like a Girl, Second Edition Megan Seely, 2019-08-06 A blueprint for the next generation of feminist activists *Fight Like a Girl* offers a vision of the past present and future of feminism With an eye toward what it takes to create actual change and a deep understanding of women s history and the key issues facing girls and young women today Megan Seely offers a pragmatic introduction to feminism Written in an upbeat and personal style *Fight Like a Girl* offers an overview of feminism including historical roots myths and meanings triumphs and shortcomings Sharing personal stories from her own experience as a young activist as a mother and as a teacher Seely offers a practical guide to getting involved taking action and waging successful events and campaigns The second edition addresses more themes and topics than before including gender and sexuality self esteem reproductive health sexual violence body image and acceptance

motherhood and family and intersections of identities such as race gender class and sexualities **Fight Like a Girl** is an invaluable introduction to both feminism and activism defining the core tenets of feminism the key challenges both within and outside the feminist movement and the steps we can take to create a more socially just world **Fight Like a Girl** Megan Seely,2007-01-15 Exploring such issues as body image and self acceptance education and empowerment health and sexuality political representation economic justice and violence against women this work looks at the challenges that women and girls face while emphasising the strength that they independently and collectively embody Reality Bites Back Jennifer Pozner,2010-10-19 Nearly every night on every major network unscripted but carefully crafted reality TV shows routinely glorify retrograde stereotypes that most people would assume got left behind 35 years ago In Reality Bites Back media critic Jennifer L Pozner aims a critical analytical lens at a trend most people dismiss as harmless fluff She deconstructs reality TV s twisted fairytales to demonstrate that far from being simple guilty pleasures these programs are actually guilty of fomenting gender war ideology and significantly affecting the intellectual and political development of this generation s young viewers She lays out the cultural biases promoted by reality TV about gender race class sexuality and consumerism and explores how those biases shape and reflect our cultural perceptions of who we are what we re valued for and what we should view as our place in society Smart and informative Reality Bites Back arms readers with the tools they need to understand and challenge the stereotypes reality TV reinforces and ultimately to demand accountability from the corporations responsible for this contemporary cultural attack on three decades of feminist progress **Christian Paths to Health and Wellness** Peter Walters,John Byl,2013 Christian Paths to Health and Wellness Second Edition helps readers embrace the concepts and lifestyle choices of health and well being as part of the Christian life This text contains the latest information about nutrition physical fitness and emotional wellness plus practical tools and inspiration to help readers make gradual and permanent change Succeed Carolyn Black Becker,Eric Stice,2011 N A Using Textile Arts and Handcrafts in Therapy with Women Ann Futterman Collier,2012 Original research and examples from artists illustrate how different textile based art approaches can provide therapeutic outlets for women with a complete variety of life experiences The psychology of this therapeutic approach is explained as well as explanations of specific techniques and suggestions for practise with a wide range of clients **Advertising** Mara Einstein,2017 3000 That s the number of marketing messages the average American confronts on a daily basis from TV commercials magazine and newspaper print ads radio commercials pop up ads on gaming apps pre roll ads on YouTube videos and native advertising on mobile news apps These commercial messages are so pervasive that we cannot help but be affected by perpetual come ons to keeping buying Over the last decade advertising has become more devious more digital and more deceptive with an increasing number of ads designed to appear to the untrained eye to be editorial content It s easy to see why As we have become smarter at avoiding ads advertisers have become smarter about disguising them Mara Einstein exposes how our shopping political and even dating preferences are unwittingly formed by

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