



# Body Image: Understanding Body Dissatisfaction in Men, Women and Children

*Sarah Grogan*

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## **Body Image: Understanding Body Dissatisfaction in Men, Women and Children** Sarah Grogan

Sarah Grogan provides a comprehensive overview of the subject of body image, pulling together diverse research from the fields of psychology, sociology, media, and gender studies in men, women, and children.

This second edition has been thoroughly revised and updated to reflect the significant increase in research on body image since the first edition was published, including new empirical data collected specifically for this text. In addition to examining evidence for sociocultural influences on body image, the book also reviews recent literature and includes new findings on body modification practices (cosmetic surgery, piercing, tattooing, and bodybuilding). It takes a critical look at interventions designed to promote positive body image and also attempts to link body image to physical health, looking in particular at motivations for potentially health-damaging practices such as anabolic steroid use and cosmetic surgery.

The only text to date that examines the issue of body image, focusing on men and children as well as women, *Body Image* will be invaluable to students and researchers in the area as well as those with an interest in how to promote positive body image.

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