



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

By Sarah Grogan

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

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### Editorial Review

#### Review

*"Grogan has provided a thorough and comprehensive revision that belongs on the bookshelf of any clinician, researcher, or student interested in the fascinating field of body image. Interest in the topic of body image has expanded dramatically in the last decade, and each of the new and emerging areas are included in this book, including men's body image, cross-cultural perspectives, and avenues for enhancing body satisfaction. This book provides a roadmap for future research."* - **J. Kevin Thompson, Department of Psychology, University of South Florida, USA**

*"In her revised volume, Professor Grogan leaves no stone unturned in telling the scientific and cultural stories of human embodiment. She is scrupulous in her psychological scholarship and articulate in her prose. Readers will be both fascinated and edified by this book's thoughtful coverage of a subject that so deeply affects our lives."* - **Thomas F. Cash, Department of Psychology, Old Dominion University and Editor-in-Chief of *Body Image: An International Journal of Research***

*"Sarah Grogan has offered a fine overview of contemporary knowledge in the field of body image. She summarizes, makes sense of, and organizes a vast array of research into one thoughtful, but very readable and easily digested volume, while at the same time capturing the vitality and excitement of research in body image."* - **Professor Marika Tiggemann, School of Psychology, Flinders University, Australia**

#### About the Author

**Sarah Grogan** has been involved in research into body image since 1990. She is particularly interested in promoting positive body image in men, women and children, with a particular focus on the impact of body image and related behaviors on physical health.

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