



The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are

Cynthia M. Bulik Ph.D.

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Many women—regardless of income, size, shape, ethnicity, and age—are uncomfortable in their own skin. We fixate on our body image and try endless diets, implants, hair extensions, and new shoes, but it's never enough. The problem is that girls and women have been socialized to mistakenly conflate body esteem and self-esteem. Body esteem refers to how you think and feel about your physical appearance: your size, shape, hair, and features. Self-esteem refers to how you think and feel about your personality, your role in relationships, your accomplishments, and your values—everything that contributes to who you are as a person.

The Woman in the Mirror goes beyond typical self-esteem books to dig deep into the origins of women's problems with body image. Psychologist Cynthia Bulik guides readers in the challenging task of disentangling self-esteem from body esteem, and taking charge of the insidious negative self-talk that started as early as when you first realized you didn't really look like a fairy princess. By reprogramming how we feel about ourselves and our bodies, we can practice healthy eating and sensible exercise, and focus on the many things we have to offer our family, community, and job. Bulik provides us the tools to reclaim our self-confidence and to respect and love who we are.

Praise for *Crave*:

"More than 7 million Americans struggle with binge eating disorder (BED) . . . *Crave: Why You Binge Eat and How to Stop* helps shed light on the problem."—*O, the Oprah Magazine*

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Ross Jackson:

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a understanding or any news even restricted. What people must be consider while those information which is from the former life are challenging to be find than now is taking seriously which one works to believe or which one the resource are convinced. If you receive the unstable resource then you get it as your main information you will see huge disadvantage for you. All of those possibilities will not happen in you if you take The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are as the daily resource information.

Robert Music:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are can be very good book to read. May be it can be best activity to you.

Laura Thibodeau:

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Marc Dean:

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