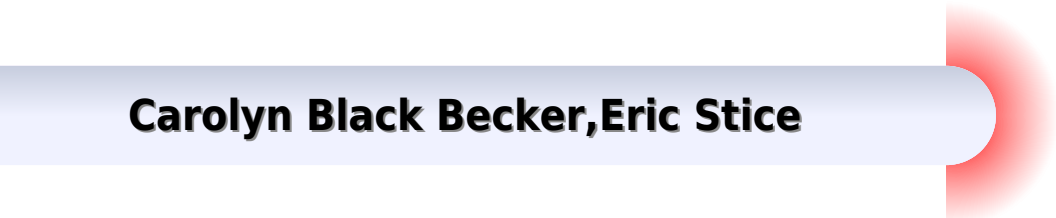


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Carolyn Black Becker, Eric Stice



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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

The Essential Guide to Raising Complex Kids with ADHD, Anxiety, and More Elaine Taylor-Klaus, 2020-07-28 Guide kids of all ages on their path to independence and success The Essential Guide to Raising Complex Kids is a wake up call a clear path for action and a message of inspiration providing a reality based recipe for raising complex kids while not making yourself or your family crazy in the process Parenting expert Elaine Taylor Klaus of ImpactADHD.com walks you through a proven coach approach method that provides essential tools for clearly setting effective and realistic expectations for your kids to eliminate daily battles and constant upheaval It doesn t matter if your child has ADHD anxiety learning disabilities autism depression ODD or attachment issues complex kids struggle with some aspects of life and learning and they need your understanding and support A coach approach will help you communicate collaborate and guide kids of all ages on a path to independence and success Here are some of the challenges coach approach messages and strategies you will learn Challenge This Kid Is Really Smart but Coach s Reframe Parent from Inspiration Strategy Shed the Shoulds Challenge I ve Tried Everything but Nothing Works Coach s Reframe Start with You Strategy Relationships over Tasks Challenge My Kid s Just Not Motivated Coach s Reframe Executive Function Strategy Use Motivation Challenge Where Do I Start Coach s Reframe Take a Marathon View Strategy Take Aim With The Essential Guide to Raising Complex Kids with ADHD Anxiety and More your family can rediscover peace and thrive

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The Science Behind Tapping Peta Stapleton, Ph.D.,2019-04-16 This book presents the research and evidence behind Emotional Freedom Technique in an easy to read manner and also offers client stories of their experiences What is EFT and what happens when you use it Emotional Freedom Techniques or simply EFT is a powerful way to deal with unresolved issues transform beliefs and reprogram yourself for greater happiness and success Commonly called tapping EFT has been utilized by thousands people worldwide If you re holding this book you ve probably tried it at least once or heard about it from a friend EFT researcher and author Peta Stapleton Ph D brings together the history and cutting edge research of tapping She also shows how tapping can be used for a whole host of ailments including anxiety weight issues depression trauma and more Dr Stapleton s own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective valid form of therapy In The Science behind Tapping you ll come away with a deeper understanding of what EFT is and how it can help you The book starts with a beginner s guide to EFT which includes tapping statements and phrases as well as helpful charts showing the location of tapping acupoints on the face and upper body After taking you through its many uses Dr Stapleton also explores the common obstacles to success with EFT and how to combat them Get ready to learn more about EFT and its incredible possibilities

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