



BODYLOVE

Learning to Like Our Looks and Ourselves

A PRACTICAL GUIDE FOR WOMEN

Rita Freedman, Ph.D.

“An insightful guide.... Any woman who has ever looked in the mirror and sighed should find it helpful.”

—Mary Ellen Donovan, coauthor of *Women and Self-esteem*

RESOURCES

GENERAL REFERENCES ON BEAUTY AND BODY IMAGE

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AGING

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For recent publications on cosmetic contents and allergies, write to: Division of Cosmetic Technology, U.S. Department of Health and Human Services, Food and Drug Administration, 5600 Fishers Lane, Rockville, Maryland 20857

MOVEMENT

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