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


AGING


*Hot Flash: A Newsletter for Midlife and Older Women*. National Action Forum for Midlife and Older Women, Box 816, Stony Brook, New York 11790-0609


COSMETICS AND SURGERY

Isaac, Katharine, ed. *Being Beautiful*. Center for the Study of Responsive Law, P.O. Box 19367, Washington, D.C. 20036
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**


**RELAXATION**


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**SHAME AND SELF-HELP**


**WEIGHT AND FOOD**

National Association for the Advancement of Fat Acceptance (NAAFA), Box 188620, Sacramento, Calif. 95818.