Overweight and body image concerns in children and adolescents are increasing. Overall body dissatisfaction in young people has increased dramatically in the last few decades, with a heightened prevalence of dieting, eating disorders, obsessive exercise and steroid abuse.

Everybody’s Different details how to apply a proven self-esteem approach in schools, community settings and clinical situations to improve body image conceptions, prevent eating disorders and obesity, and foster health, nutrition and physical activity in young people. An ideal reference and resource book for anyone working with young people—particularly primary and secondary school teachers and university students—this book can also be applied in clinical and community settings.

Book Launch

Thursday 25 October
1-1.30pm

Faculty of Education and Social Work
Staff Common Room
401

- Jenny O’Dea,
  University of Sydney

RSVP to Raen Fraser by 5pm
Thursday 18th October 2007

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