



# Bodylove: Learning to Like Our Looks and Ourselves -- A Practical Guide for Women

*Rita Freedman*

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*Rita Freedman*

**Bodylove: Learning to Like Our Looks and Ourselves -- A Practical Guide for Women** Rita Freedman  
*Bodylove* is an inspiring guide for women who want to become less critical of their appearance, less preoccupied with weight, and more in love with themselves — physically, sexually, and emotionally. Combining vivid case histories, recent research, practical techniques, and simple exercises, this book affirms a woman's basic right to like her looks and shows how she can achieve that goal. It also covers a wide range of body image topics such as cosmetics use, healthy exercise, aging, and sexuality.

## **Learn How To:**

Become less preoccupied with mirrors, scales, and calories

Overcome self-consciousness, fear, and guilt

Free yourself from expectations about how you "should" look

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