



Body Talk: The Straight Facts on Fitness, Nutrition, and Feeling Great About Yourself! (Girl Zone)

Ann Douglas, Julie Douglas

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In a culture obsessed with physical perfection, it's no easy feat to have a positive self-image — especially for adolescent girls. Part of the *Girl Zone* series, *Body Talk* challenges girls to rethink the image-conscious advertising that saturates the tween/teen market. With frank information on eating disorders, fad diets, and the business of beauty, the book tackles weighty issues with humor and insight. Written by award-winning author Ann Douglas and her teenage daughter Julie, *Body Talk* arms girls with the information and tools needed to make healthy decisions, including tips for getting active, staying motivated, planning a balanced diet, and how to take care of themselves — inside and out.

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