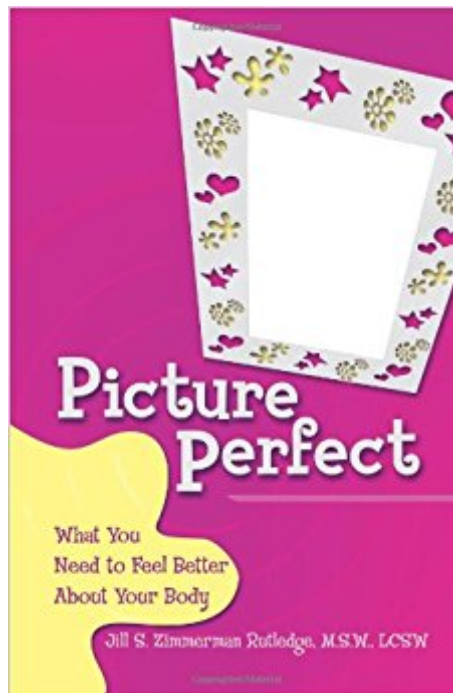




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# Picture Perfect: What You Need To Feel Better About Your Body



## Synopsis

Do you ever wish you looked like someone else? Or that you could skip school because you feel self-conscious about your appearance? Do you think you're fat or ugly, even though everyone says you're fine? So many girls have these kinds of feelings from time to time. The important thing is to find ways of coping with them so they don't stop you from living your life. *Picture Perfect* will help you see how other girls who struggle with liking themselves have found solutions that really help them feel better about who they are--and their stories will show you ways to feel better too! Jill Zimmerman Rutledge counsels girls with body-image issues and understands that many girls feel they need to be a 'perfect' all-around girl--including having a 'perfect' appearance. Read other girls' stories about feeling unattractive, worrying about food and weight, finding a unique style, dealing with mean girls--and much more. You'll see how they use positive messages or Special Statements, like 'A beautiful thing is never perfect' or 'I'm a creative chick, not a carbon copy,' to calm down their insecurities. Learn how to discover your own Special Statements and Action Plans so that you too can begin to see your own true beauty--and feel as picture perfect as you already are! Jill Zimmerman Rutledge, M.S.W., LCSW, is a psychotherapist who has worked with adolescent girls and young women for over twenty years. She is a consultant for Anorexia Nervosa and Associated Disorders (ANAD) and has been featured in numerous publications, including *YM*, *Teen People*, and *Daughters*. Visit the author at [www.jillzimmermanrutledge.com](http://www.jillzimmermanrutledge.com).

## Book Information

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Age Range: 11 - 16 years

Grade Level: 6 - 11

## Customer Reviews

Zimmerman Rutledge strikes a delicate balance: Her writing is never over her young readers' heads, yet it does not condescend. She instructs readers to give themselves affirmations, called "Special Statements," to counteract their negative thoughts about their appearance. Then she coaches them to develop a plan of action for creating new, healthy habits and behaviors. What's particularly powerful are the real-life stories of adolescent girls (three in each chapter), who share their bad body-image experiences and solutions. Topics include weight and dieting concerns, materialism, teasing and bullying, and perfectionism.--Newsday (Newsday)

...you asked for a good resource to help you raise your daughter from the inside out. The best one I've seen is called *Picture Perfect: What You Need to Feel Better About Your Body* by Jill Zimmerman Rutledge. What's great about this book is that it helps girls learn to catch their negative thoughts and develop healthier images about their body. It also helps the girl develop her own "Special Statement" to counter the negative thoughts and stories of girls who struggle with poor body image issues, worry about their appearance or weight. And it's written so your daughter can read it herself!-- Dr. Michele Borba educational psychologist and Today show contributor, author of a popular parenting blog on iVillage.com).

Unfortunately, many girls and adult women in our society put way too much pressure on themselves and each other to look and be perfect. In her book, *Picture Perfect*, Jill Zimmerman Rutledge helps to empower tweens and teens by addressing body issues girls constantly struggle with and worry about--from weight, body type, and fashion concerns, to the cruelty of peers who tease or harass you for how you look. You'll find practical advice and tips other girls have used to help them appreciate and respect their bodies and learn that they are perfect by simply being who they are meant to be--themselves!

I have a daughter who struggles with her weight. It's been a sore subject in our home for a while now, and the cause of many tears (mine and hers). I was hoping Jill Zimmerman Rutledge would be able to impart some wisdom and shed a little light on our dilemma. Rutledge does just that, addressing weight, fashion, and perfectionism. Written for a teen audience, each chapter shares the

stories of three girls and how they're coping with that particular issue. Each girl created a special statement for themselves (such as my personal favorite, "Everyone gets a prize", which means every one has one truly great thing about her no matter what she may think), and developed a plan of action to get to her goal. Rutledge is careful not to push dieting, but a healthy lifestyle filled with good foods and exercise. She tackles different body types and unrealistic expectations. I was impressed with the straight-forward, practical approach that is both honest and encouraging.

Jill Zimmerman Rutledge is as skillful with the world of teen girls as a composer is with sounds. She cares about every feeling, every heart ache, every joy, every concern of girls' lives. The coping strategies she suggests are geared to every personality type of teen girl. Reading the book feels as if Jill, the writer is a wise teen girl who is reaching out to other teen girls out there with compassion. I recommend this book for every teenager, grandparent/parent, the faculty/administrators of girls schools and just about anybody who deals with girls.

This book is very useful. It speaks directly to teens and offers several ways to deal with negative thoughts about body image, eating, and other issues. The sections on positive perfectionism and negative perfectionism are helpful for teens and adults alike, offering specifics about how perfectionism can be a positive force in any person's life. As with the author's last book, I have bought copies for each of my teenaged nieces and our babysitters. I recommend it to any teen girl and her parents.

Picture Perfect is great reading for teenage girls; very understandable and clearly written. It really focuses in on the issues young ladies face with their body image. Great scenarios and solutions are provided. Quizzes are included, as well as a wonderful inspirational pages! This book makes a great gift for a young, teen girl!!!

If you have a preteen or teenage daughter who has ever voiced thoughts about negative body image, this may be the perfect book for her. This book is a straight-forward, useful and fun read and might be the key to unlocking a strong sense of self in a girl you know! For my complete review, please visit [...]

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