

Beauty Sick How The Cultural Obsession With Appearance Hurts And Women

In Beauty Sick, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls ' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must ...

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Simply put, a beauty-sick culture leaves too many of today's women at risk. Yet many of these same women are eager for a way to step away from the mirror-eager for a way forward.
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