ADULTISH

References

(in the order they appear)

Adultish: The Body Image Book for Life is an evidence-based book. What does that mean? It means that the information in this book comes primarily from scientific articles, books, and web pages. Below is a list, by chapter, of the references for information included in this book. This is not mean to be a complete or exhaustive list of references for any chapter.

Adultish offers advice about body image – and about health in general. But this advice is derived from scientific research as much as possible. This is important because many people may be willing to offer you advice, but this does not mean that what they are offering is evidence-based or reliable information.

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