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program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look. As you complete the helpsheets in this book, you'll learn to celebrate your body instead of feeling ashamed of it.

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An 8-Step Program for Learning to Like Your Looks (Thomas F. Cash, PhD, New Harbinger Publishers, Oakland, CA; 1997, 221 pp., paperback, \$17.95)

Thomas Cash, one of the most productive academic researchers in the area of body image, offers a very-well-conceptualized and well-executed workbook focusing on this area.

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