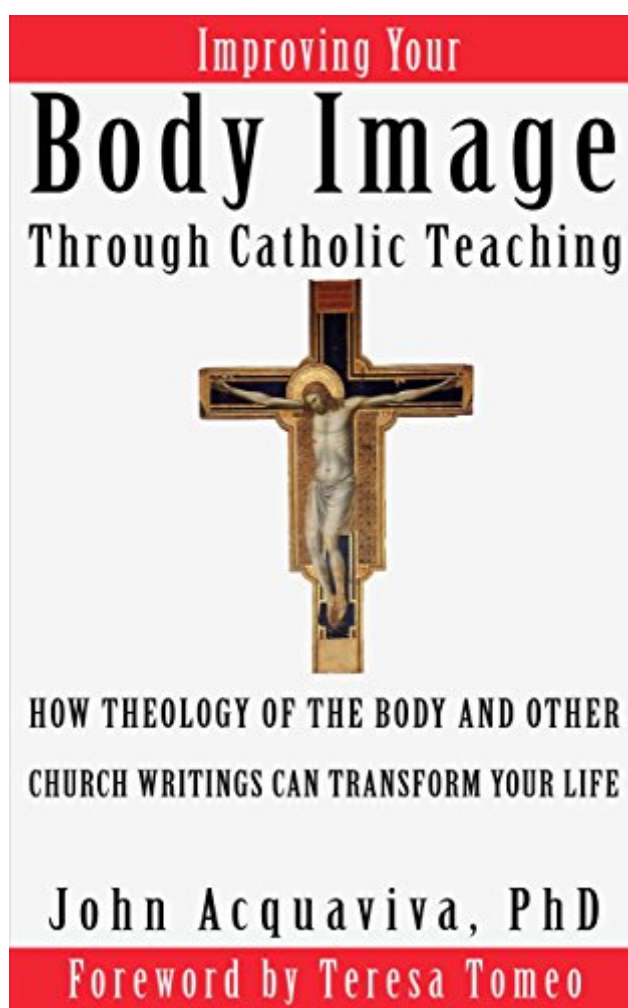


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# Improving Your Body Image Through Catholic Teaching: How Theology Of The Body And Other Church Writings Can Transform Your Life.



## Synopsis

Read This Best Seller, Feel better about your body image today The "body image crisis" has never been greater, but this book gives great reason to hope! - Christopher West  
John Acquaviva has done a great service to the Church and Greg Popcak have learned that the Church does have the answers to all of the struggles and issues that life throws at us • yes, even the issues of body image and general health. Teresa Tomeo  
The amazing material shared in this book will help you:  
1. Understand of the real purpose of the human body.  
2. Reconcile what you "should" look like with the way Jesus views you.  
3. Become more accepting of the body God gave you.  
For the first time, here's a book that will teach you to accept and love your body using the best tool of all: God. Too many people suffer from a poor body image, especially catholic girls and catholic women who are continually denigrated in secular society. If you are looking for Catholic answers for your Catholic Family this is the book for you to help someone understand the impact of the overwhelmingly negative effect pop culture can have on the development of self esteem. Improving Your Body Image addresses the common triggers of negative body image for both men and women, and uses the Catholic faith and John Paul II's Theology of the Body to show practical ways that the Christian faith can help us understand the human body and correct our own body issues. You will enjoy this book since it is written in an easy-to-read, conversational style. It will be attractive to readers, men and women alike, from older teens to older adults, due to its style, brevity, and interesting examples and stories. Catholic author and EWTN radio/TV personality Teresa Tomeo has written the foreword while Christopher West, Greg Popcak, Lisa Hendey (CatholicMom.com) and Dr. Bill Theifelder (president of Belmont Abbey) have endorsed it.

## Book Information

File Size: 1074 KB

Print Length: 126 pages

Page Numbers Source ISBN: 1632970104

Simultaneous Device Usage: Unlimited

Publisher: Alchemy Publishing Group, LLC (March 5, 2014)

Publication Date: March 5, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00ITDQTYG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #285,042 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles >

Catholicism > Self-Help #110 in Kindle Store > Kindle eBooks > Christian Books & Bibles > Catholicism > Self Help

#167 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image

## Customer Reviews

The rubber hits the road in this straightforward look at the reality of body issues today. Acquaviva combines his background in sports physiology with the insight of his Catholic faith to shed light on the appalling statistics that people are simply not happy with their bodies. Right in between his compelling stories and his review of Catholic principles is his caring tone. This isn't abstract thought but about daily living. He wants young adults to be at peace with their bodies and that peace comes from conversion on the inside and a fight against empty media-driven principles on the outside. Perhaps most compelling is the simple idea that God created us to love and if looking in the mirror causes us enough anxiety to keep us from loving, then something has to change.

The author tackles a present day subject head-on, and he does it well. His accounts and observations of what he witnesses as a professor and teacher give very poignant examples of what today's culture deals with related to social media expectations about physical looks. He paints a vivid picture of the progression of social media over the years and today's over-emphasis on an unrealistic body image. I also find that the author did a great job incorporating what the Church teaches and how a relationship in God frames today's body image issues. It's refreshing and inspiring. I recommend this book to parents and anyone who teaches or has influence over the young and those who may be influenced by the media and the extreme expectations they convey to all of us!

In a conversational style, the author touches on a topic that points out the elephant in the living room. He gained insight from his personal experience as a professor in physical education and shows his heart for his students who have struggled with their body image due to the culture in

which we live. We don't have hope if we rely on the unrealistic images that bombard us in television, movies and magazines to define us. Dr. Acquaviva points us to Christ and the Church, drawing heavily on scripture and the teachings of John Paul II. It is a book full of hope and practical advice which will help anyone struggling against the images of the times towards healing and acceptance of their body as good. I loved the line ending each chapter, "And remember, if God says it's good, it is good". Let us be thankful for this body which helps us live our lives fully and joyfully and thank you Dr. Acquaviva!

As a permanent deacon, husband and father of three girls, I've seen firsthand the tremendous pressure placed on women of all ages to pursue the "perfect body." Sadly, the message of our secular culture often drowns out the message of the Gospel, constantly bombarding us with images of sexuality and Photoshopped "perfect" bodies. A voice cries out incessantly, "If I could only look like her...", echoing in the minds of our teens and preteens. Using real-life vignettes culled from years of teaching at the collegiate level, Acquaviva explores hope and healing through the lens of a healthy Catholicism. Drawing heavily from Blessed John Paul II's Theology of the Body, and always faithful to the Magisterium, Acquaviva encourages readers who struggle with eating disorders and body image distortion. This text is a must-have for parents, clergy and counselors of all faiths! -Rev. Mr. Mark J. King, Charlotte, NC

Those who counsel young people know how debilitating self-image and body-image problems can be. The author brings the wisdom of 20 years of experience as an educator, plus abundant common sense, to the question. His enthusiasm for Pope John Paul II's Theology of the Body and his love of the scriptures shine through. Using the creation story in Genesis as a starting point for reflecting on the body, he concludes each chapter with the refrain: "And remember, if God says it's good, it's good."

The timely topic of body image is covered comprehensively in this book with clarity and insight. It made me think about the long and wrong road taken by society since the days of my teens and young adulthood. We were concerned about good grooming, a band-box look (band-box=neat), healthy skin and hair, an All-American girl look. Sexy wasn't in our vocabulary and modesty was. Young men and women got married and had families without all the drama and trauma of today. This is a book for people of all ages. ( I intend to make sure that it finds itself in the libraries of my six teenage and young adult grandchildren and some older folks too.) The solutions to the problems

are spot-on as well. Thank you John!!! This is GOOD.

This book was an excellent read. As a former student of Dr. Acquaviva, I always knew he was always concerned about the well-being of his students especially when it came to personal health as well as spiritual. This book blew me away. Throughout reading it, I was clearly able to identify negative behaviors I know I am guilty of. It makes you realize how misplaced societies values are and how easy it is to get caught up and distracted from whats truly important. I will certainly be recommending this to friends and family.

This book is a very knowledgeable resource especially for young adults. I feel that it is particularly important for college age students to be made aware of how their activities and habits can negatively affect their body image. It is mind blowing how seemingly insignificant things, such as what we watch on tv or read in the media, can have such a big impact on how we view ourselves. The book has great insight on how to improve body image through the Catholic Faith.

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