



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

*Jill Zimmerman Rutledge M.S.W. LCSW*

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**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).

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