

Picture Perfect by Jill Zimmerman Rutledge

Chapter List

1. Mirror, Mirror on the Wall: When You Don't See The Beauty in You
2. Should I Eat This? When Worries About Food and Weight Kidnap Your Life
3. The Catwalk in the Halls: When School's a Big Fashion Show
4. Can I Please Exchange My Big Stomach and Thunder Thighs? Dealing With Your Body Type
5. 2 Hard 2 Be 2 Good: Dealing With Perfectionism
6. Sticks and Stones: When You're Teased About Your Body
7. Into My Mouth, Onto My Hips: When You're Honestly Overweight
8. A Pretty Picture: I Am Already Perfectly Me