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### Banish Your Body Image Thief

Buy Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People: 8 (Gremlin and Thief CBT Workbooks) illustrated by Kate Collins-Donnelly (ISBN: 9781849054638) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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### Banish Your Body Image Thief - Jessica Kingsley Publishers

Banish Your Body Image Thief. Based on CBT & mindfulness principles & techniques and packed with strategies that will help you to build a positive body image. Author: Kate Collins-Donnelly, ISBN: 9781849054638

### Banish Your Body Image Thief | Silvereye

Banishing Your Body Image Thief: Managing Your Behaviours. 13. Body Image Dos and Don'ts. 14. Summing Up! Appendix: The Body Image Quiz Answers. Information for Parents and Professionals. References. Kate Collins-Donnelly has worked as a therapist, psychologist, criminologist and anger management consultant based in the UK for many years.

### Banish Your Body Image Thief - Kinesiology Shop

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### What is Body Image? - The Reading Agency

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### Banish your Body Image Thief - Anxiety UK

Banish your body image thief: a cognitive behavioural therapy workbook on building positive body image for young people Collins-Donnelly, Kate, author The body image thief is a sneaky character - if you're not careful, he'll steal away all your positive feelings about your body from your 'Body Image Vault', leaving only the negative ones behind.

### Banish your body image thief: a cognitive behavioural ...

Banishing Young Body Image Thief: Managing Your Thoughts and Beliefs. 12. Banishing Young Body Image Thief: Managing Your Behaviours. 13. Body Image Dos and Don'ts. 14. Summing Up! Appendix: The Body Image Quiz Answers. Information for Parents and Professionals. References. Editorial Reviews.

### Banish Your Body Image Thief: A Cognitive Behavioural ...

Based on cognitive behavioural and mindfulness principles and techniques, it is packed with strategies that will help you change how you think and act in order to build a positive body image, protect your Body Image Vault and banish your Body Image Thief for good! Engaging, informative and easy to read, this unique workbook is suitable for young people aged 10+ to work through on their own or ...

### Banish Your Body Image Thief by Collins-Donnelly, Kate (ebook)

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