



The University of Sydney



Dr Jenny O'Dea

## Book Launch

**Thursday 25 October  
1-1.30pm**

**Faculty of Education  
and Social Work  
Staff Common Room  
401**

# Everybody's Different

Overweight and body image concerns in children and adolescents are increasing. Overall body dissatisfaction in young people has increased dramatically in the last few decades, with a heightened prevalence of dieting, eating disorders, obsessive exercise and steroid abuse.

Everybody's Different details how to apply a proven self-esteem approach in schools, community settings and clinical situations to improve body image conceptions, prevent eating disorders and obesity, and foster health, nutrition and physical activity in young people. An ideal reference and resource book for anyone working with young people—particularly primary and secondary school teachers and university students—this book can also be applied in clinical and community settings.



- **Jenny O'Dea,**  
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FACULTY OF  
EDUCATION AND  
SOCIAL WORK

RSVP to Raen Fraser by 5pm  
Thursday 18<sup>th</sup> October 2007

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