The authors believe body image to be a multidimensional phenomenon with perceptual, attitudinal and affective components. The experience and perception of body image influence our quality of life, requiring us to adjust to change.

The text includes a history of body image and a contemporary perspective of conceptual foundations, lifespan changes, assessment, individual and cultural differences, dysfunction and disorders and changing body image.

*Body Image* would be particularly relevant to mental health practitioners, clinical psychologists and nurses delivering holistic care.


Reviewed by Elizabeth Clifton, senior lecturer, School of Health, University of Wolverhampton

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**Real Life – Beating Breast Cancer**

*ITV1, 11pm-12 midnight*

Actor and model Marsha Hunt battles with breast cancer for six months. This documentary films her from the day before her mastectomy through to the conclusion of her chemotherapy.

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**Supernanny**

*Channel 4, 9-10pm*

This week Supernanny is called in to deal with a food-phobic seven-year-old.

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**Still Here**

*BBC Radio 4, 11.30pm-12 midnight*

John Killick disputes the common perception of Alzheimer’s as a disease that leaves a person with no sense of awareness or personal identity.

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**Hurricane Katrina – The Children’s Story**

*BBC 1, 5-5.25pm*

Lizo Mzimba reports on the children who survived Katrina as they start new lives far from their devastated homes.

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**Horizon – The Doctor Who Makes People Walk Again?**

*BBC 2, 9-9.50pm*

See Pick of the Week

Compiled by nurse and lecturer Margaret Paul