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## Figure, My Friend and Enemy

How to Love Your Body in Our Digital Age

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Authors: Dr Dominique-Adèle Cassuto (Text) - Titeepex (Illustrations)

Publisher : La Martinière Jeunesse

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This must-read from an endocrinologist deconstructs received ideas about our figures and managing our bodies, which can sometimes feel like a stranger's.

Informed by firsthand accounts from teens and patients, this book tackles a subject that could not be more pressing. Topics discussed include norms, idealized bodies, ever more unrealistic and demanding beauty standards in the online era, the rise in eating disorders—and their solutions. Dr. Cassuto brings a frank, uninhibited style bolstered by amusing and sensitive illustrations that nimbly sidestep stereotypical depictions. Precise, well-argued explanations give way to handy tips and with kindness and honesty encourage thorough and necessary self-examination.

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