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Main Themes

The social model of existential therapy

Keywords

Body Image, Self-Perception, Weight Loss, Obese

Title

Body Image Dissatisfaction: how it arises and what it hides

Abstract for

Short Communication

Abstract

Why does a person believe criticism about his appearance, instead of asking himself - who and why (for what purpose) tells me that there is something wrong with my appearance? Why is it so easy to "get sick" from offensive words, but supportive ones hardly help? How does a person become dissatisfied with their body and what might be hidden behind this dissatisfaction? I suggest sharing my own and clients' experience.

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