



Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers

By Nancy Amanda Redd

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"You'd think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I'd had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women's bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you'll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?"—Nancy Redd

From fashion magazines to taboo Web sites, curious young women have access to tons of old wives' tales about and thousands of airbrushed and inaccurate images of the female body—misinformation and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures. Teaming up with a leading physician specializing in adolescent health issues, Harvard graduate and former Miss Virginia Nancy Redd now offers a down-to-earth, healing, and reassuring response to those damaging myths. In *Body Drama*, Redd gives girls insight into the issues they're often too ashamed to raise with a doctor or parent. She also reveals her own experiences with the culture of "American beauty," and shows readers all the many versions of "normal." From body hair and bras, to acne and weight issues, along with crucial issues such as the importance of a healthy self image, *Body Drama* is a groundbreaking book packed with informative fast facts, FYIs, how-tos, and moving personal anecdotes as well as hundreds of un-retouched photographs. A highly visual book, it's the first of its kind for women: filled with real information and real photographs of real bodies, to celebrate all our different shapes and sizes.

Named by *Glamour* magazine as one of America's top-ten college women "most likely to succeed—at anything," Redd has spent the most recent years of her life on a mission to tackle the issues least discussed but most significant in young women's lives. Celebrating the many versions of "normal," and replacing

seriously erroneous information with the honest, medically proven truth in a language all girls can understand, *Body Drama* dares to empower a new generation—with facts instead of fantasies, and the priceless gift of self-knowledge.

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Editorial Review

Review

"Perfecto. This is just what girlitas need today—a get-real guide with un-airbrushed photos that allows them to dialogue with their bodies on the most honest levels."—**Deborah Gregory**, author, *The Cheetah Girls* series and *Catwalk*

"Body Drama should be center stage in every young woman's life. It will make you love every little thing about your body: your sags, your tags, your lumps, your bumps. It's a book of liberation and it's fun."—**Eve Ensler**

"I love this book! It puts loving (and knowing) your body into words and pictures -- you'll find out yours isn't so different after all. *Body Drama* has the answers you want to the questions you don't know how to ask. Fun and frank, like talking to a good friend who knows absolutely everything and is willing to dish."—**Kim Gandy**, President of the National Organization of Women

"In *Body Drama*, Nancy Redd combines the stylishness of Naomi Campbell, the vibe of your best friend, and photos you always wanted to see but were afraid to ask. An empowering, original, funny, and frank book, *Body Drama* is poised to become the modern girl's *Our Bodies, Ourselves*."—**Jennifer Baumgardner and Amy Richards**, authors of *Manifesta: Young Women, Feminism, and the Future* and *Grassroots: A Field Guide to Feminist Activism*.

"*Body Drama*...should be on the shelf of every family, school, and doctor in America."—**Nancy Brown**, PhD, professor of Adolescent Sexuality at Stanford University, Senior Research Associate at the Palo Alto Medical Foundation (PAMF) Research Institute

"Demystifies female bodies and shows them as they really look: curvy, sometimes pimply and never perfect."—**Glamour magazine**

Users Review

From reader reviews:

Graciela Tubbs:

This Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this book incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers without we understand teach the one who reading through it become critical in contemplating and analyzing. Don't possibly be worry Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers can bring if you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even phone. This Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers having good arrangement in word as well as layout, so you will not sense uninterested in reading.

Christopher Patton:

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Florence Ross:

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