



Cappelen Damm 2017
240 pages
Original title: *Kroppsklemma*
Hvordan være trygge og gode voksne for barn og unge i et kroppsfiksert samfunn

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Kari Løvendahl Mogstad

Body Squeeze

Kari Mogstad is a doctor and mother of five, a passionate mediator and avid article writer. As a doctor, she daily meets children and young adults who are struggling with increasing body image issues and focus on their appearance. Many of them have headaches or stomach-aches, depression and eating disorders.

In *Body Squeeze*, she tries to find out more about how children and young adults are really doing, and show parents what a child's reality looks like. She also tackles the role of today's parents and asks what kind of role models we really are. The book helps parents to become more aware, and you will likely replace a few princess dresses after having read it. She also uses her extensive experience as a mother to give advice on how to help children and young adults have a good life and resist external pressures.

"Body Issues is an important contribution in the struggle against just talking about the tyranny of beauty and the body pressure that is destroying the quality of life for so many young people today. Right now, the most important thing is that we join forces to give the young generations of our time the possibility to have a positive image of their bodies, and to shift the focus from the cosmetic body to the functioning body."
Jorunn Sundgot-Borgen, professor at the Norwegian Sports College

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