

Milady Cosmetology Theory Workbook

Milady's Standard Cosmetology Theory Workbook
Milady Standard Cosmetology Theory Workbook
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the theory workbook contains extensively revised chapter by chapter exercises on theory subjects included are full in the blank exercises multiple choice questions matching exercises and labeling of illustrations all coordinated with materials from the text each workbook chapter begins with a study tip and ends with a list of vocabulary words from the corresponding textbook chapter more than 30 pages of final review examinations to prepare students for testing are included

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this workbook directly follows the theory information found in the student textbook the workbook provides detailed interactive exercises including fill in the blanks word review exercises matching and final review examinations designed to increase student comprehension of theoretical aspects of cosmetology

the theory workbook contains chapter by chapter exercises on theory subjects included are fill in the blank exercises and illustration labeling exercises each workbook chapter begins with a study tip and ends with a list of vocabulary words from the corresponding chapter

do you struggle with constant feelings that your body is not good enough do you imagine that if you could just change your appearance you would be happier and more fulfilled if you do you might be dealing with the effects of a problem called body dysmorphic disorder bdd individuals who suffer from bdd are excessively preoccupied with the shape or size of their body obsessed with a facial blemish a minor bodily defect or some specific aspect of their appearance they spend hours each day thinking about their perceived deformity checking and rechecking their appearance in the mirror camouflaging themselves with makeup or clothing men affected by a form of bdd known as muscle dysmorphia are obsessively concerned about their muscular development no matter how large and pumped up they are in extreme cases bdd leads to unnecessary plastic surgery serious eating disorders steroid abuse and even suicide the good news is that bdd is highly treatable with cognitive behavioral techniques provided in the bdd workbook in a step by step easy to follow format ocd experts claiborn and pedrick guide you through a proven intervention plan that helps you recognize your distorted self perception and come to terms with how it leads you to self inflicted emotional and physical pain exercises charts and worksheets help you to develop a healthier response to your body and a more balanced self image the book provides information about bdd related eating disorders and the special problems of children with self image issues it also offers suggestions to help you gain support from family members medical professionals and support groups this book has been awarded the association for behavioral and cognitive therapies self help seal of merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy cbt principles and that incorporate scientifically tested strategies for overcoming mental health difficulties used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives

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