Milady Cosmetology Theory Workbook

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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 you appearance you would be happier and more fulfilled if you do you might be dealing with the effects of a problem call 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

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