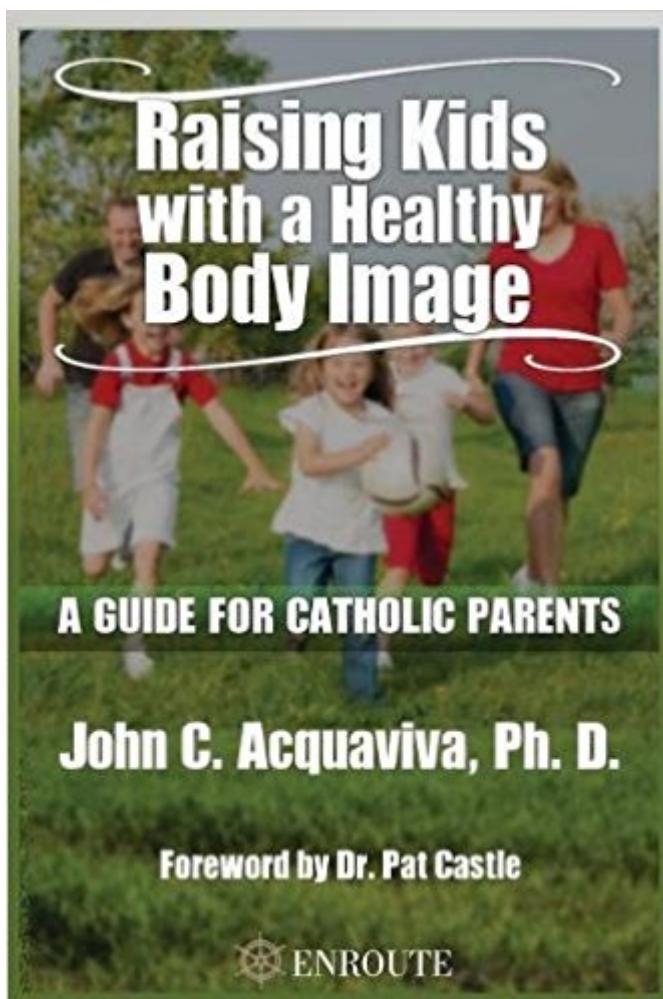


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# Raising Kids With A Healthy Body Image: A Guide For Catholic Parents



## Synopsis

Raising Kids with a Healthy Body Image: A Guide for Catholic Parents is the unique approach to the body image crisis that impacts many children. From a young age, our kids are under immense pressure from a variety of sources that can determine the value of their bodies. But God has something to say about this as well. Saint John Paul II's wonderful teaching known as Theology of the Body is the book's guiding force, along with Scripture and the Church's sacraments. This book is an excellent parenting tool to guide your children so they see the worth of their bodies as designed by our Creator. In addition, this book discusses the numerous causes of a poor body image and includes chapters on how to instill fitness and sound nutrition into your family life.

## Book Information

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## Customer Reviews

As a mom, I constantly worry about the messages my daughter is receiving that will negatively impact her spirit. As a Catholic mom, I struggle with how I can quiet the outside, secular noise and help her to grow in holiness. I want her to see herself as God sees her: wonderfully made. This book is a terrific resource, written in a straight-forward, easy to read manner. The author presents valuable insight on how we got where we are today, with our kids (and us adults) struggling with all types of body image distortions. He then provides sensible ways we can help our children to form a healthy body image. Throughout the material, Dr. Acquaviva ties in wisdom from scripture, Catholic scholars and St. JP2's Theology of the Body to provide a faith-based model for

guiding our children. "The Great Deceiver is well aware of our need to grow closer to God. He is well pleased when we sabotage ourselves by turning something as innocent and good as being healthy and fit into an obsession." Oh, how I wish this book was around for my parents! As each point struck a nerve with how & why I struggle with my own body-image. Reading this book gives me hope for my daughter as well, all focus on things we can control as suggested in the book: our relationship with God, prayer life, quality time with family and our service to others.

This book is a comprehensive and insightful guide for Catholic parents to address a serious problem many children struggle with: an unhealthy body image. The author begins with a detailed examination of the many elements in our world that promote the lie about needing to have a "perfect" body--magazines, television, the internet, social media, toys, animated characters, everyday conversations, cosmetic surgery, fitness apparel and athletes--and why it is important for parents to be aware of how each of these can negatively (and often subtly) influence children's body image. Next he explores in detail how girls and women and boys and men deal with body image (he devotes a chapter to each.) He explores the importance of physical activity (distinguishing it from exercise), as well as nutrition, wisdom from Scripture, saints and scholars, and turning from slavery to self-improvement to the service of others. The heart of this book is its distinctively Catholic approach, drawing upon St. John Paul II's Theology of the Body. All of our bodies, no matter how imperfect, are sacred images of God, and this truth is what the book effectively proclaims. It offers practical, age-appropriate tips on how to model and teach our children. Two passages that struck me as particularly powerful are the following: "The Mass was instituted by Christ to allow our bodies to fully experience God through the use of the five senses." What better way to promote a healthy body image to our children than to proclaim that Jesus in the Eucharist seeks to unite his body to ours, even with our imperfections. Another powerful insight reads as follows: "Trusting in the grace of the sacraments allows God's grace to perpetuate our heart and mind. We are enabled to see that a perfect body is not part of God's plan. God's plan is for us to use the body in perfect ways." This book is an invaluable resource for Catholic parents to raise their children to see themselves as God sees them--images of his divine beauty, no matter what.

What a beautiful text that handles a topic that is more important than most people probably know. As a high school teacher and a coach, I am acutely aware of how much our society is sending messages other than developing a healthy body image. Truly, this quest can feel at times,

countercultural. The question that arises is how parents, family members, teachers and others can bring young people safely through these turbulent waters. I truly see Acquaviva's writing as a ministry of the Catholic Church. His knowledge of the faith is rich, vibrant, pastoral and realistic. He references St. John Paul II's "Theology of the Body" but not exclusively. For those who are familiar with the late Pope's teaching, Acquaviva's information enhances his messages. For those who are unfamiliar, the teaching only enriches the text. And, I appreciate the context he gives for the role of faith in addressing the issue—*at its best, to support, inform and guide.* Each chapter breaks down an important question and topic as related to Body Image. I appreciate that the author uses a passage of Scripture or a quote from a saint to frame the unit. I was left with an increased appreciation for the body, a gift that is indeed sacred and yet at risk, worth protecting and praiseworthy.

Hallelujah! It's about time! As Dr. Acquaviva writes in the Introduction to his book, "As of now, there have been no aggressive efforts to address body image in relation to Scripture, the Catholic Catechism, or Saint John Paul II's 'Theology of the Body'." In a culture that is body-obsessed, people of faith need the tools to protect their children from the unhappiness of being dissatisfied with their bodies, created in God's image. Dr. Acquaviva, as a devoted father of four himself, uses his expertise in exercise physiology combined with his ardent Catholic faith to guide parents in the challenging task of steering their children through the minefields of the culture which lead to distorted body image. This book provides a much needed service and aid to Christian parents.

This is an excellent book that I would recommend to parents with children of all ages. The author provides a unique Catholic perspective on how to raise children with a healthy body image. I have read other books on the subject, but never this thoughtful and inspiring. It gives you practical advice that is easy to implement in your home. It also draws attention to all the negative messages children are internalizing from the secular world. This book is a must read.

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