



"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World

Dianne Neumark-Sztainer PhD

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It's hard to decide which is more frightening--the "food" teenagers enjoy, or the things they say about their bodies. Whether it's your son's passion for chips and soda or your daughter's announcement that she "feels fat," kids' attitude about how they look and what they should eat often seem devoid of common sense. In a world where television and school cafeterias push super-sized sandwiches while magazines feature pencil-thin models, many teens feel pressured to starve themselves and others eat way too much. Blending her experience as the mother of four with results from a survey of nearly 5,000 teens, Dr. Diane Neumark-Sztainer shows you how to respond constructively to "fat talk," counteract negative media messages, and give your kids the straight story about nutrition and calories, the dangers of dieting, and eating right when they're away from home. Full of examples illustrating the challenges teens face today, this upbeat and insightful book is packed with great ideas that will help kids everywhere feel better about their looks and make healthier choices about eating and exercise.

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Clair Lemanski:

The book "I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World can give more knowledge and information about everything you want. So why must we leave the good thing like a book "I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World? Several of you have a different opinion about e-book. But one aim this book can give many data for us. It is absolutely proper. Right now, try to closer with your book. Knowledge or info that you take for that, you may give for each other; it is possible to share all of these. Book "I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World has simple shape nevertheless, you know: it has great and massive function for you. You can appearance the enormous world by open and read a guide. So it is very wonderful.

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Gloria White:

Exactly why? Because this "I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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