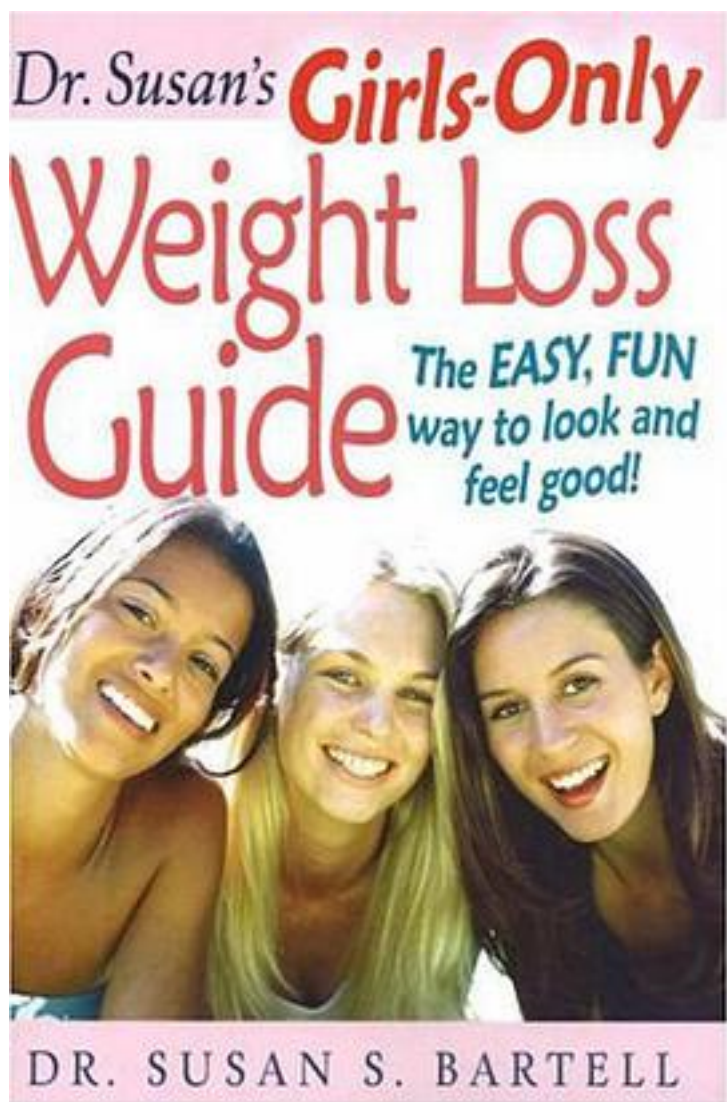


Dr. Susan's Girls-Only Weight Loss Guide



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This enlightening guide enables adolescent girls to address more than just weight loss—it explores concepts such as empowerment, self-esteem, and healthy lifestyle choices. Teenage girls are given the tools to recognize and break away from unhealthy patterns, including harmful diets, by discussing the many ways in which depression, anger, and low self-esteem can translate into eating and weight gain and how to find healthier, less destructive ways of coping. Supportive information details what girls can do to attain a healthy body and mind, and provides tips on how to help parents be more supportive. Educational but fun quizzes and games focus on diet and exercise, as well as coping mechanisms for dealing with the media, peer pressure, and eating disorders.

作者介绍:

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