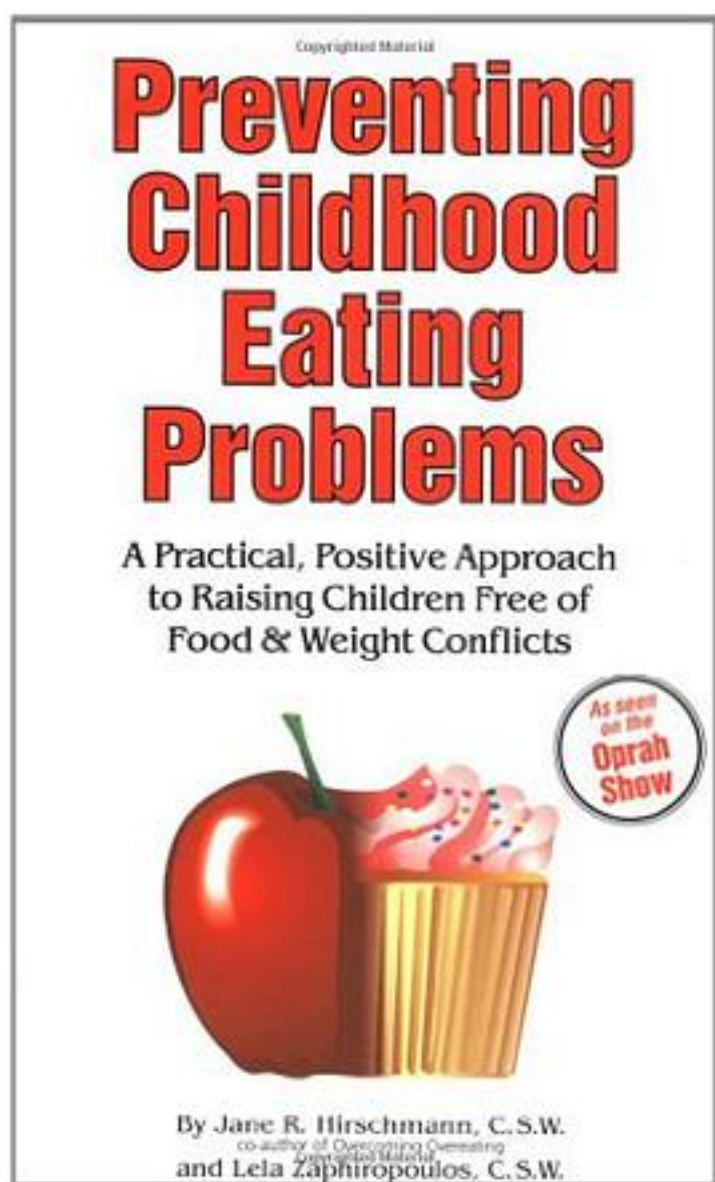


Preventing Childhood Eating Problems



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As seen on the Oprah Winfrey show! This book offers a common-sense, relaxed approach to healthy eating for children of all ages. The authors present evidence that children will naturally self-regulate their eating if rigid rules are not imposed upon them. They also address parents' most common concerns such as when, what, and how much kids should be eating, how to handle peer pressure, the sugar controversy, body-image problems, special situations, and eating disorders. This book will help both parents and children make peace with food.

作者介绍:

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