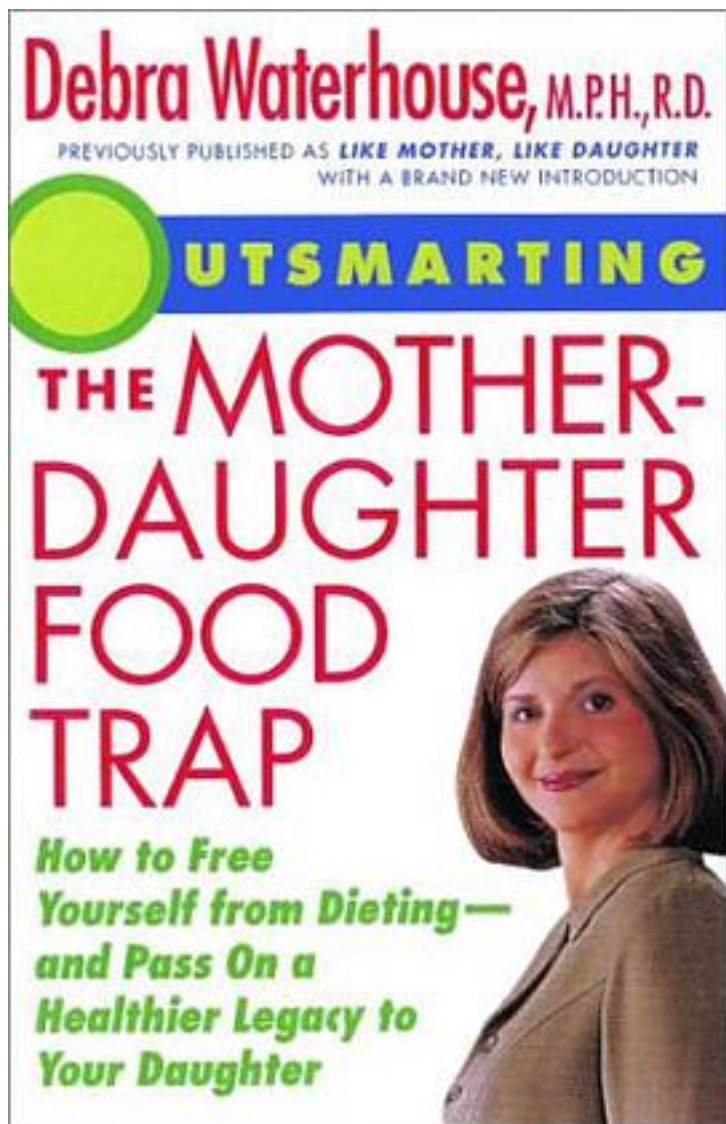


Outsmarting the Mother-Daughter Food Trap



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It's sad enough that most of today's moms have spent their adult lives dieting and disliking their bodies, but our young daughters are watching and eagerly following in our weight-occupied footsteps. By age ten, 80% are restricting their eating, and by the time they reach adolescence, the majority have already entered the dangerous world of chronic dieting and body dissatisfaction. In *Outsmarting the Mother-Daughter Food Trap*, bestselling author and nutritionist Debra Waterhouse show us how to rise above society's pressure for thinness and serve as healthier role models for our daughters, thus passing on a new legacy of healthier food and body relationships.

作者介绍:

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