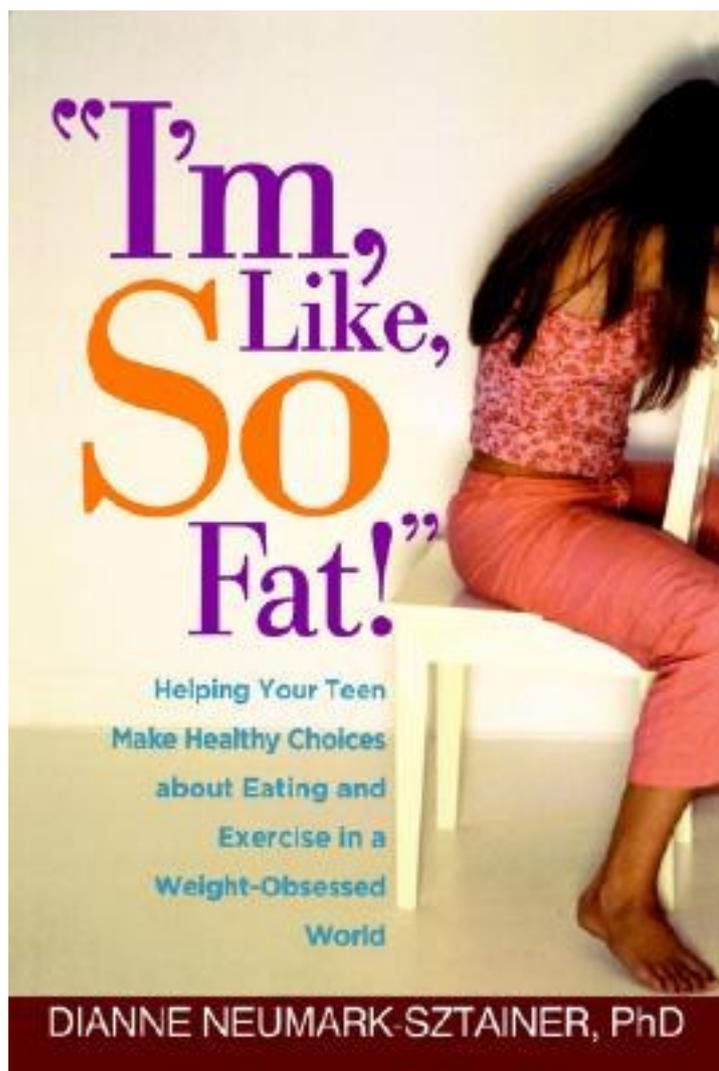


I'm, Like, So Fat!



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Hit the gym for a workout - but sit for hours at your computer. Super-size your value meals - but downsize your waistline. Today's media-saturated teenagers are bombarded with mixed messages that distort their self-image and lead many to overeat and others to starve themselves. When 'I feel fat' becomes a teen's common refrain, how can worried parents respond constructively? With "I'm, Like, SO Fat!" Dr Dianne Neumark-Sztainer shows parents how to strike the difficult balance between bolstering self-esteem and offering constructive advice. Drawing on her landmark study, Project EAT (Eating Among Teenagers), and her experience as a mother of four, Neumark-Sztainer offers a wealth of science-based, practical ideas for instilling healthy eating and exercise habits, educating teens about nutrition and portion size, and talking about body image. Here is a rock-solid foundation that parents everywhere can build on to help their teens stay fit, eat well, and feel good about their looks in a world where too-perfect bodies are used to sell everything from cosmetic surgery to fast food.

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目录:

[I'm, Like, So Fat! 下载链接1](#)

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