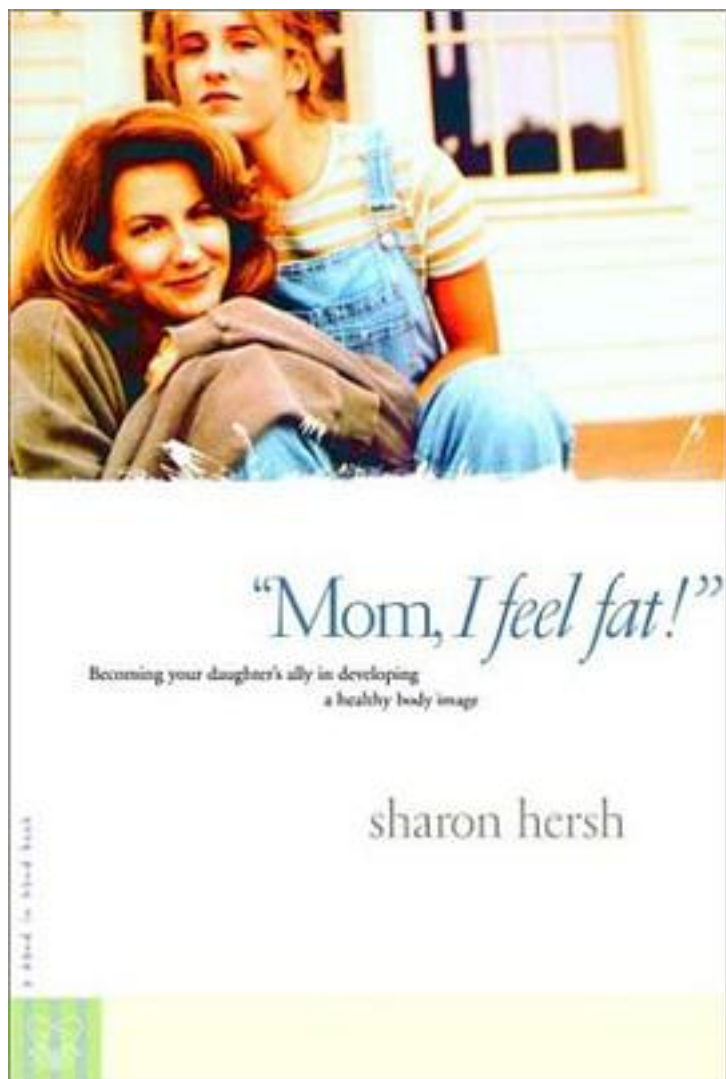


Mom, I Feel Fat



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出版者:Waterbrook Pr

出版时间:2001-11

装帧:Pap

isbn:9780877885382

Never before have our daughters been more concerned and obsessed with the concept of being "fat." From kindergarten on up, girls worry about the size of their stomachs, backsides, and thighs, and even the youngest experiment with dieting and exercise. Much has been written to girls on the challenges they face with regard to body image. But where can a mother turn for advice on how to proactively parent a daughter struggling with--or soon to confront--these insecurities?

You can make a difference.

Whether your daughter is 8 or 16, Mom, I Feel Fat! will help you understand her, the body image issues she will face--from self-esteem to eating disorders--and yourself. Most of all, you'll be encouraged to use the inevitable questions and challenges regarding body image and eating choices to prevent crisis and to strengthen your relationship with your daughter and with God.

INCLUDES PRACTICAL EXERCISES AND THOUGHT-PROVOKING QUESTIONS
FOR MOM ALONE--AND FOR MOTHER AND DAUGHTER TOGETHER.

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目录:

[Mom, I Feel Fat 下载链接1](#)

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评论

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