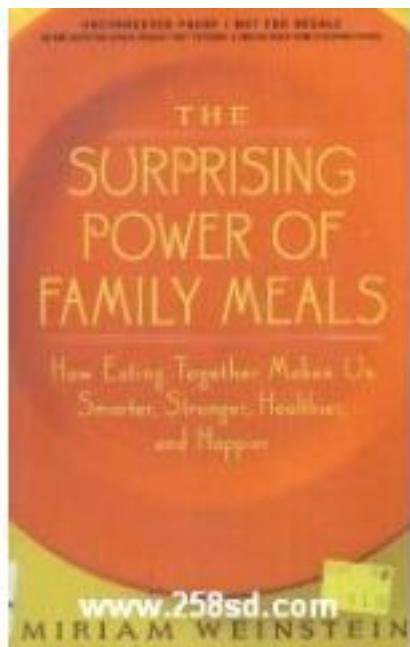


The Surprising Power Of Family Meals



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From Publishers Weekly Having regular family meals can eliminate teen eating disorders; improve children's grades; reduce the incidence of drug abuse, teen pregnancy and smoking; and even expand toddlers' vocabulary. So says Weinstein (Yiddish: A Nation of Words), a documentary filmmaker and mother of two. "No one is asking for rocket science here," she writes, "only shared mac-and-cheese and a bunch of chairs pulled up around the table." Her points, drawn from the fields of psychology, anthropology, religion and education, are valid and logical; in fact, it seems obvious that eating together will improve children's manners, provide family intimacy and create a secure environment for teenagers. Occasionally, however, Weinstein's arguments are spotty: "Of course there is no guarantee that if you maintain regular meals, you will eradicate eating disorders. But... the absence of regular meals

makes it easier for all sorts of disordered eating to thrive." Weinstein has tried to create a full-length book from what could've sufficed as a compelling magazine article. Still, her case studies are stimulating, and her writing style is persuasive enough to convince readers to make a point of enjoying an evening meal with their families. (On sale Sept. 6) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist In today's fast-paced environment, finding the time to sit down to a family supper challenges the most dedicated parent. Everyone has commitments to jobs, school, sports, and other activities. These centripetal forces work against both the family and its members. Weinstein argues that families who conscientiously set aside time to eat together and make this practice the rule rather than the exception derive significant benefits from the outwardly inconsequential practice. Studies have shown that families who have supper (her preferred term for the evening meal) together raise -better-adjusted children who avoid drug use, teen pregnancies, and eating disorders. For those who lack the inspiration to initiate such a family program, Weinstein offers advice on scheduling, balancing obligations, making the occasion productive, and putting everyone at ease. She cites examples of families who make dining together a habit, remarking on improvements in social manners and awareness in children. Careful not to overstate the benefits of the family supper, Weinstein makes this practice attractive and attainable for everyone. Mark KnoblauchCopyright © American Library Association. All rights reserved See all Editorial Reviews

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目录:

[The Surprising Power Of Family Meals](#) [下载链接1](#)

标签

评论

出国后最怀念的，就是能和家人围坐桌旁吃饭的日子。这是本值得一读的好书。里面提到的Prof Marshall Duke是我的academic & major advisor :)

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书评

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