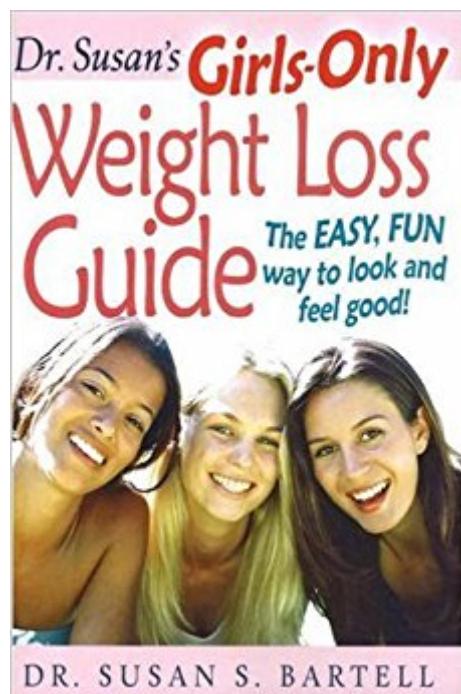


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# Dr. Susan's Girls-Only Weight Loss Guide: The Easy, Fun Way To Look And Feel Good!



## **Synopsis**

This enlightening guide enables adolescent girls to address more than just weight loss; it explores concepts such as empowerment, self-esteem, and healthy lifestyle choices. Teenage girls are given the tools to recognize and break away from unhealthy patterns, including harmful diets, by discussing the many ways in which depression, anger, and low self-esteem can translate into eating and weight gain and how to find healthier, less destructive ways of coping. Supportive information details what girls can do to attain a healthy body and mind, and provides tips on how to help parents be more supportive. Educational but fun quizzes and games focus on diet and exercise, as well as coping mechanisms for dealing with the media, peer pressure, and eating disorders.

## **Book Information**

Paperback: 272 pages

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Average Customer Review: 3.4 out of 5 stars 12 customer reviews

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Age Range: 12 and up

Grade Level: 7 and up

## **Customer Reviews**

Grade 6 Up-Issues concerning weight are not easy to discuss with teens, yet Bartell has managed to do just that. In addition to working with experts in the fields of nutrition, exercise, and eating disorders, she met with teens who scrutinized the content and shared their experiences. Twelve chapters cover topics such as taking control, genetics, eating disorders, and exercise. While the tone is upbeat, the message is serious: -Dieting is not healthy and neither is constantly being critical of your body. You don't need to make exercise a priority over everything else in your life, and your self-worth should not be decided by the scale or the mirror. Frequent quizzes allow readers to

rate themselves in such categories as self-control, body type, self-love, and food attitude. (There is a reminder before each one not to write in a library book.) Notwithstanding the pre-pubescent graphics-including hearts, stars, curlicues, and polka dots-the weakest section is on exercise, where stamp-sized line art and extensive text make following the routines tedious. This virtual support-system-in-a-book provides listings for Web sites, cookbooks, and contact information for related organizations. Frequent boxed insets, subheads, and chapter divisions allow readers to browse among the topics, so the book is effective without being read from cover to cover. Still, teens may end up doing just that as they experience a discussion that speaks to them with honesty and authenticity.-Janet S. Thompson, Chicago Public Library Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Dr. Susan did something few experts bother to do. She actually listened to teenage girls and learned from them."Newsday"Every adolescent girl should read it!"Neville H. Golden, MD, director, Eating Disorders Center, Division of Adolescent Medicine, Schneider Children's Hospital"Practical, easy to follow, and highly motivational."Ira M. Sacker, MD, founder and director, Helping to End Eating Disorders Foundation, Inc. (HEED)"A comprehensive, smart guide for whole living."Linda Silva, MS, LMHC, editor-in-chief, The Parent Guide"Offers preteens and teens a masterful approach to taking control of their health, weight, body image and lives."Judy E. Marshel, PhD, RD, CDN"Bartell is a friend to overweight girls everywhere."Voice of Youth Advocates (VOYA)"Sure to help scores of teenagers look and feel as good as they can."Kirkus (Kirkus Reports: Health and Fitness)

Seemed like good advice for moms who are helping their younger daughters with weight issues, or trying to keep them on track with eating right. I only read bits and pieces of it since I gave it to a family member, but it would also be good for younger teens who want to start managing their weight on their own.

Step daughter had great weightloss with these tips

I still haven't received this item. I ordered on 08/20/09 and I never received it.Dr. Susan's Girls-Only Weight Loss Guide: The Easy, Fun Way to Look and Feel Good!

As the mother of a 15 year old ninth grader, I was relieved that my daughter embraced Dr. Susan's Weight Loss Guide. Of course, I would like to say that my daughter devoured this book, and then stopped devouring everything in sight. It hasn't been quite that easy, but this Guide has made a significant difference in the way my daughter views her body, her image, and her relationship with food. The book's format is fun and easy to read, filled with clever hooks that grab a teenage girl's fleeting attention. Lots of quizzes and self-ratings allow girls to be honest with themselves as they evaluate their thoughts about why and what they eat, and their food/friends/family issues. I especially appreciated reading the thoughts and feelings of Dr. Susan's group of young teenage girls with their own real issues. Learning that my daughter is not alone in the teenage whirlwind of body image and popularity made me (and my daughter) take it all in stride. This book is a must for all teenage girls, whether or not they are battling weight issues, since at its core, this Guide offers the roadmap to a healthy lifestyle.

I have been in bariatric medicine for 39 years and this is the first book for teen-aged girls that makes sense. This is partly because of Dr. Bartell's advisory panel of a dozen girls and partly because of her extensive knowledge of behavioral management of obesity. The book is easy to read and understand and is practical in her choice of subjects to cover. Healthy eating, understanding of eating disorders, exercise and management of family interactions that could ruin a diet are covered extensively and intelligently. This book is comparable to the one for smaller children written by Leonard Epstein (The Stoplight Diet) that is out of print now. Parents with overweight teenagers need to get this book and share it with their daughters.

As a teenager, I could really relate to this book! It supplied me with terrific tips and easy guidelines to follow! Its self-accessing quizzes and answers were clear enough for me to understand what I've been going through, what's right for MY body type, and what I had to do in order to create a healthier lifestyle for myself. Dr. Susan did most of the writing, but she was advised by a panel of 12 teenage girls. These girls contributed some of their personal weight-battle stories and they told of ways they changed themselves and their views. I found that these stories gave me incredible advise because they were things I could directly relate to!!! One of the most important things in this book were the eating and exercising/activity tips and tricks. Using this book, I was able to figure out ways to incorporate healthier meals and snacks into my everyday hectic schedules. I also learned the consequences of binge-eating, and how to control my portions of snacks and meals. I was exposed to several new stretches and exercises from diagrams and descriptions, and I learned how I could

make exercising into an enjoyable activity - rather than one to loate. Despite how useful these things were, I found that the MOST helpful thing for ME was when I learned that DIETS DON'T WORK! I had been trying different diets on a constant basis. Dr. Susan taught me that the only way people can lose weight is if they PERMANENTLY change their lifestyle. If you want to know the 411 on how to change your life, your self esteem, and your apperance, look no farther than Dr. Susan's "Girls-Only Weight Loss Guide" !!!

Dr. Susan's Girls-Only Weight Loss Guide: The Easy, Fun Way to Look and Feel Good! is a guide written especially for female teens that does not promote a fad diet, but rather permanent lifestyle changes to help one stay in better health. From avoiding family patterns that predispose one to fat, to breaking the control that emotions have over one's eating, to easy and fun exercises that are good for the body and easy to get into using as a routine, Dr. Susan's Girls-Only Weight Loss Guide presents basic, solid advice broken down point-by-point for easy absorption. Highly recommended especially for any girl concerned by the rampant obesity epidemic in America.

Written with a mother's heart, a clinician's experience and perspective, and real-life stories, Susan Bartell's Girls-Only Weight Loss Guide offers hope and a starting place for families struggling with the daily burden of weight. She understands the complexities of weight gain and weight loss and yet, with a gentle touch and lots of info, she guides teens and parents to a place of empowerment, with practical, easy to-do suggestions on healthy relationships, food choices and movement. She even includes a thorough listing of healthier choices at fast food restaurants! A book that will be read and re-read, and likely kept bedside as a reference book. Each chapter stands alone, so it's perfect for busy parents and teens. Tut Gramling,Camp Endeavor, Baraboo, Wisconsin

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