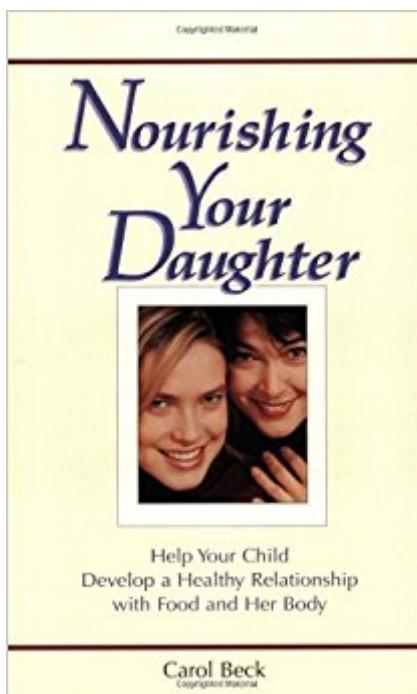


The book was found

Nourishing Your Daughter: Help Your Child Develop A Healthy Relationship With Food And Her Body



Synopsis

Help Your Child Develop a Healthy Relationship with Food and Her BOdy

Book Information

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Customer Reviews

Carol Beck, M.S., is a nutrition therapist who specializes in treating adolescents and parents with weight issues and eating disorders. She is also co-owner of Allison and Beck Nutrition Consultants.

I found this book to be filled with great ideas that helped me to communicate with my daughter about her image concerns, things that she struggles with at school as a teenager regarding relationships, and all kinds of mixed messages she gets through the media. The book is filled with lots of charts that help me to know what to say as a healing response to her fears that let her know I care and understand her feelings. What a relief it is to have a guide book that helps me to know what to say and how to respond to her concerns, and to understand how important it is to be able to give her a space that she feels free to express herself and to not feel judged as she shares her feelings with me. Great book!

I really appreciated the information in this book. It is easy to read, understand and apply. I do not have a daughter but found the information very helpful in understanding my own issues with eating. I have used the information many times over when I feel like eating but don't know why, when I should be full. It has helped to change the way I look at food and what and why I eat what I do. I

would recommend it to any parent whether you feel there is a problem with a child's eating habits or not. It has helped to make food a pleasure and a friend not an enemy!

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