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Free Your Child from Overeating: A Handbook for Helping Kids and Teens

Michelle P. Maidenberg

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Is your child or teen overeating or overweight?
Are you unsure how to help? You're not alone.

If your ten- to eighteen-year-old is struggling with overeating, you know how hard that can be—for your child and for you. Unhealthy eating habits put kids and teens' well-being and self-confidence at risk. Something needs to change—but what? And how can you bring it up so they can really hear you?

You may have tried to help your child—without much success—but you may be overlooking the root cause of their struggle with eating and exercise—*their thinking*. In *Free Your Child from Overeating*, Dr. Michelle P. Maidenberg shares **over 40 interactive exercises** that will help your child or teen:

- Identify triggers, cravings, and self-sabotaging thought patterns
- Define his or her values and find the motivation to change
- Learn to eat mindfully by savoring meals and snacks
- And set realistic goals using the four P's: *predict*, *plan*, *put into action*, and *practice*.

It can be tempting to hope that your child's overeating is "just a phase," but the price of inaction is too high. Using Dr. Maidenberg's 53 strategies (rooted in **mindfulness**, **cognitive-behavioral therapy**, and **acceptance** and **commitment therapy**), you can free your child from overeating or obesity by *building* his or her confidence. Your *child* has the power to change, and you have the power to help!

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Victoria Manson:

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