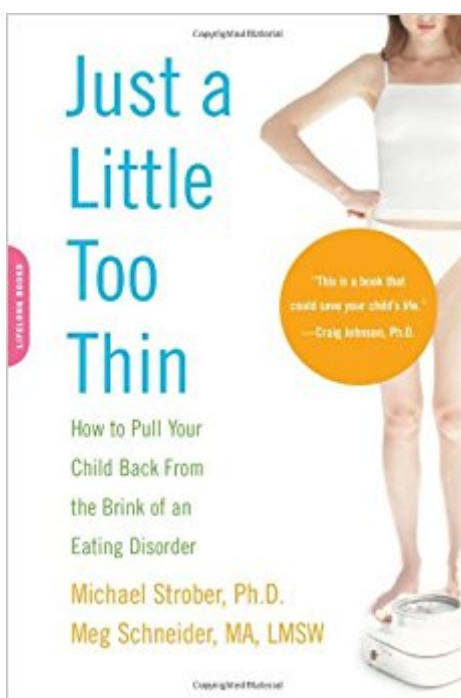


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# Just A Little Too Thin: How To Pull Your Child Back From The Brink Of An Eating Disorder



## Synopsis

At a time when 81 percent of ten-year-old girls say they are afraid of being fat, early dieting is clearly a widespread problem. However, the difference between being "just a little too thin" and having a full-blown eating disorder can be hard for even the most involved parent to distinguish. Dr. Michael Strober and Meg Schneider's *Just a Little Too Thin* shows parents how to approach this problem proactively. First, it helps parents determine the severity of a child's weight issues by outlining the three stages of this slippery slope and the behavioral signs associated with each. The book then gives expert guidance on talking about weight and eating in ways that help a daughter cope with the emotional issues that feed her obsession. No matter where a girl rests on the continuum of eating behaviors, *Just a Little Too Thin* is an invaluable aid for parents intent on keeping their children emotionally and physically healthy in a world of unprecedented pressures.

## Book Information

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## Customer Reviews

As the title indicates, this thorough and informative guide targets teens who are teetering on the edge of a potential eating disorder, exhibiting warning signs yet still on the brink. At this delicate and precarious point, there are preventive measures concerned parents can take, which eating disorder authority Strober and psychologist Schneider clearly delineate in a user-friendly, approachable style. The dual authorship allows for not only a variety of illustrative anecdotes, but also for both the male and female perspective on body image. The book alerts parents to signs they may not have otherwise noticed, and presents a number of realistic scenarios and suggestions for parents to

counter almost any situation that may arise in regard to burgeoning eating disorders. Although some of the advice may seem forced—such as initiating more conversations about "feelings"—the book's suggestions are easily adaptable. The call for more direct communication as well as a comprehensible breakdown of the various behaviors that can indicate a potential eating problem will give readers a firm grip on the issue, its dangers and ways to step in before it's too late. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Chesapeake Family, April 2011 "A parental favorite."

Eating disorders are ever more prevalent in an image-obsessed society, the phenomenon affecting young girls at an alarming rate. Faced with this concern, parents are often understandably overwhelmed, at a loss for information. This book is designed to help parents define their daughter's behavior, whether there are signs of a passing phase or more serious symptoms, making specific suggestions to interpret eating behavior. The focus of this volume is pre-disorder, appropriate information for parents before their daughter has slipped into pathology, offering insights for using this information proactively, concentrating on a developing girl before she falls victim to peer pressure and media saturation. The authors outline three stages of eating behavior: the innocent (but rigid) dieter, the exhilarated dieter and the distressed and preoccupied dieter. The evolution of these stages is subtle, the obsessive dieter ever more skilled in exercising aberrant behavior, offering logical excuses for a temporary problem that may, in fact, be accelerating, a condition that "weakens her emotionally, cognitively and physically." Puberty is a critical factor in the onset of eating disorder or preoccupation with weight, the body's natural changes occurring with social expectations and hormonal acceleration, all of which may distort a girl's perception of her body, her food obsession and lack of nutrition gaining in significance. Other triggers include: intense participation in athletics, genetic predisposition to weight gain and the messages of family, society and peer pressure. Certainly the media sends a strong and consistent drumbeat of impossible perfection, television, the movies and the music industry major contributing factors. Add in an adolescent's need for control and the potential for an eating disorder deserves serious attention. One chapter offers detailed suggestions for counteracting the pervasiveness of a thin-oriented culture, changing the dialog before the damage is done, speaking positively about physical image, avoiding injurious remarks about overweight people, developing inner resources and natural talents and articulating feelings. Specific case studies offer insights into pre-adolescent thinking, some

misperceptions that can be corrected as a girl views her identity and body in relation to the world at large. Anorexia nervosa and bulimia are disorders that require immediate intervention, a clearly defined diagnosis of specific behaviors and a fear of fat that is not relieved by weight loss. In contrast, *Just a Little Too Thin* addresses the diet obsession, adolescents and pre-adolescents tailoring their eating habits to control weight gain, a still viable situation where parents can effectively work with their daughters to prevent more serious issues. The most effective treatment is preventive, focusing on teaching girls how to develop healthy self-perception, a valuable asset aimed at dealing with body image before it becomes a problem. Luan Gaines/ 2005.

You, as parents, may begin to watch your adolescent child begin to study pictures of supermodels in magazines. He or she may start dieting, little changes at first, and exercising more. They may start dissecting their bodies, thinking they will never look good enough. A few pounds fall off but how much is too much? You may watch your daughter closely, but when is it time to become scared? You read in magazines about more and more celebrities becoming diagnosed with anorexia and bulimia. Is yours? *Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder* answers these questions as they study simple dieting and exercising all the way to the extreme dieting. The book tells about the different reasons a child may be unhappy with her body, and you must remember, it is not all your fault. But Strober and Schneider also talk about how you can change your child's mind about dieting before it becomes a problem. They also examine, if the time comes, when and how to get help. *Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder* is a very factual book that examines casual dieting and exercising all the way to the extremes. Very simple to understand, they give case studies of actual feelings and different ways to help. It also talks about getting outside help. Parents are not alone. Highly informative, Strober and Schneider wrote a book that I would recommend to any parent who thinks their child is having a problem. It even talks about how to say the right thing so I would recommend it for almost any parent of a teenager.

Eating disorder authority Michael Strober, Ph.D. and therapist Meg Schneider MA, LMSW combine their expertise in *Just A Little Too Thin: How To Pull Your Child Back From The Brink Of An Eating Disorder*, a straightforward guide to recognizing the dangerous signs of when one's daughter (or more rarely, one's son) shifts from becoming an "innocent" to "exhilarated" to "preoccupied dieter" - when dieting has less to do with weight and health and more to do with emotional issues that could prove fatal. Offering compassionate, no-nonsense advice on how to talk to one's children about

weight issues, and guide him or her away from the slippery slope that can lead to anorexia, bulimia, or other eating disorders, *Just A Little Too Thin* is a valuable, jargon-free guide. Additional chapters also offer insight concerning when professional help or medical intervention are necessary, and if so, how to go about it. Highly recommended.

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