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ITS NOT JUST BABY FAT: 10 STEPS TO HELP YOUR CHILD TO A HEALTHY WEIGHT



10 Steps to Help Your Child to a Healthy Weight

EDWARD ABRAMSON, Ph.D.

Bodega Books. Paperback. Book Condition: New. Paperback. 116 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Childhood obesity has reached epidemic proportions but dieting only increases the stigma that overweight kids experience and often results in weight gain rather than weight loss. Its NOT Just Baby Fat! offers parents 10 practical steps to help their children achieve a healthy weight without increasing the risk of an eating disorder. Dr. Edward Abramson, a leading expert on eating and weight disorders shows parents how...

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- Authored by Edward Abramson
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Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- Delbert Gleason

A must buy book if you need to adding benefit. It really is written in easy terms instead of difficult to understand. I found out this ebook from my dad and i advised this publication to find out.

-- Prof. Elton Gibson I

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