Just a Little Too Thin

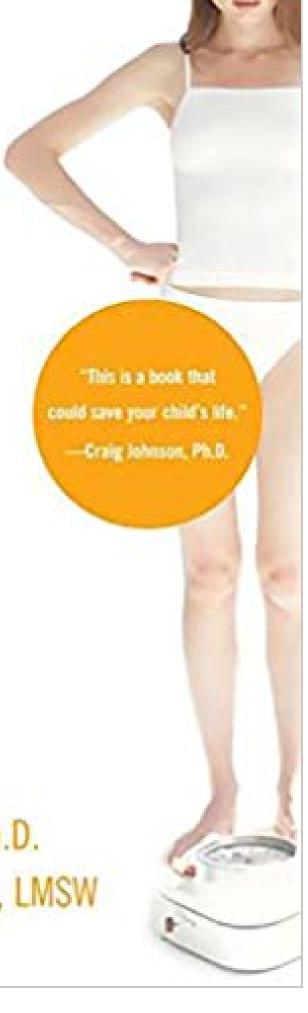
How to Pull Your

Child Back From

the Brink of an

Eating Disorder

Michael Strober, Ph.D. Meg Schneider, MA, LMSW



Michael Strober

Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder



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At a time when 81 percent of ten-year-old young ladies say they fear so much being fat, early dieting is clearly a widespread issue. Dr. However, the difference between becoming "just a little too slim" and having a full-blown eating disorder can be hard for also the most involved parent to distinguish. No matter where a girl rests on the continuum of consuming behaviors, Slightly Too Thin is an invaluable help for parents intent on keeping their children emotionally and physically healthful in an environment of unprecedented pressures. Initial, it helps parents determine the severity of a child's weight problems by outlining the three phases of the slippery slope and the behavioral signals associated with each. The book then gives expert guidance on discussing weight and eating with techniques that help a daughter cope with the psychological issues that feed her obsession. Michael Strober and Meg Schneider's Slightly Too Thin displays parents how to approach this problem proactively.



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Five Stars Thank you. "Understand your history.. Many thanks Dr Strober and meg Schneider! Dr." Eating disorders are ever more prevalent within an image-obsessed society, the phenomenon affecting young girls in an alarming rate. Confronted with this concern, parents tend to be understandably overwhelmed, at a loss for information. Supplying compassionate, no-nonsense guidance on how to speak to one's kids about weight problems, and guide her or him away from the slippery slope that can lead to anorexia, bulimia, or other eating disorders, Just A Little As well Thin is a very important, jargon-free guideline. 1D. It really is insightful, extremely readable for professionals and lay people alike. "Puberty is a critical element in the onset of eating disorder or preoccupation with excess weight, the body's natural adjustments occurring with social objectives and hormonal acceleration, which may distort a girl's perception of her body, her food obsession and lack of nutrition gaining in significance. The book includes case studies, quotes from adolescents and pre-adolescents, reviews of theories regarding eating disorders and ideas to counteract eating-disordered behavior. Meg actually understands the psychodynamics of adolescent girls and the warning signs they are on the brink of or in fact suffering from an consuming disorder. Add an adolescent's need for control and the prospect of an consuming disorder deserves significant attention. Offering compassionate, no-nonsense advice on how to speak to one's children about weight issues Eating disorder authority Michael Strober, Ph. Specific case research give insights into pre-adolescent considering, some misperceptions that can be corrected as a girl views her identity and body with regards to the world at large. This means he has the highest respect as a clinician, teacher and researcher. Strober is known internationally in academic psychiatry and psychology as a "triple risk". The most effective treatment is preventive, focusing on teaching girls how to develop healthy self-perception, a valuable asset aimed at dealing with body picture before it becomes a problem. That is a reserve that appears to have helped me place each folks in a safer place. One chapter offers detailed ideas for counteracting the pervasiveness of a thin-oriented lifestule, changing the dialog before the damage is performed, speaking positively about physical image, staying away from injurious remarks about over weight people, developing inner resources and natural talents and articulating feelings. The authors outline three phases of consuming behavior: the innocent (but rigid) dieter, the exhilarated dieter and the distressed and preoccupied dieter. Useful and Insightful I have been privileged to have my therapy practice in the same workplace as Meg Schneider. This reserve is designed to help parents define their daughter's behavior, whether there are signs of a passing stage or more serious symptoms, making specific suggestions to interpret consuming behavior. Additional chapters also offer insight concerning when professional help or medical intervention are necessary, and if therefore, how to go about it. Highly recommended. and therapist Meg Schneider MA, LMSW combine their experience in Just A TOUCH TOO Thin: How To Pull Your Child Back again From The Brink Of An Taking in Disorder, a straightforward guide to recognizing the dangerous signals of when one's girl (or more rarely, one's child) shifts from becoming an "innocent" to "exhilarated" to "preoccupied dieter" - when dieting has less related to weight and health and more related to emotional issues that could show fatal. We're in fact talking. The evolution of the stages is delicate, the obsessive dieter a lot more competent in exercising aberrant behavior, offering logical excuses for a temporary problem that may, actually, be accelerating, a condition that "weakens her emotionally, cognitively and actually. Certainly the press sends a strong and constant drumbeat of impossible perfection, television, the films and the music industry major contributing factors. Additional triggers include: intense participation in athletics, genetic predisposition to fat gain and the text messages of family, society and peer pressure. I haven't understood why as she actually is quite slim, but certainly can see she is a perfectionist. Lorin Woolfe, MSW, LCSW Now I obtain it. I am the daddy of an

adolescent woman who has begun to be concerned about her weight. These are mixed nicely to provide a stimulating reading knowledge that will be helpful to the parents of eating-disordered kids and the therapists that are treating them. Until recently the only books I possibly could find to understand what's taking place to her were frightening and about real disease. There wasn't anything in what could be taking place to MY child right now -- while she's still rather healthful. Now most of these arenas are protected in one place: Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Consuming Disorder. I right now understand where my girl is on the dieting spectrum, I've a feeling of how to go through her behaviors and I actually feel confident now speaking with her about food, weight, and her desire to be thin. We're not fighting. I didn't realize what an authority she was on consuming disorders until I examine her book. Luan Gaines/2005. I highly recommend it to any parent who is seeing the youngster begin to obsess about her excess weight. David Feinberg, MD Dr. Michael Strober provides taken his life's function, synthesized it, and encapsulated in an exceedingly well written, accessible text message, the inherent psychological experiences linked to your body picture. In contrast, Just a Little Too Slim addresses the diet obsession, adolescents and pre-adolescents tailoring their diet plan to control fat gain, a still viable scenario where parents can successfully use their daughters to avoid more serious issues. Anorexia nervosa and bulimia are disorders that require immediate intervention, a clearly defined analysis of particular behaviors and a concern with fat that's not relieved by weight loss. With regards to eating disorders you desire Dr. Strober to look after you;! This book is very great. I think about this a must examine for just about any patient or family coping with anorexia and also all learners and clinicians interested in eating disorder. Dieting Uncontrollable I have a lovely child who started dieting several months ago and never did I think she would be ruled by obsession. I could not believe what was happening, and how quickly the issue took hold. Then, I found out about this book and there it had been, each of the personality characteristics and interpersonal stresses the reserve discusses as early warn signals. For weeks I was carrying out things that I understand now weren't helping, even making things worse. Things really began turning around when I implemented the suggestions in this book. I just wish I go through it 8 weeks ago.. The concentrate of the volume is pre-disorder, suitable details for parents before their child provides slipped into pathology, providing insights for using these details proactively, concentrating on a developing gal before she falls victim to peer pressure and mass media saturation.!! you need him to teach you and you want to follow his research findings.



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