

"Ellin writes with compassion and humor about the trials of overweight kids. . . . Anyone who's ever dealt with a weight problem will benefit from her insights."

—BookPage

**ABBY ELLIN**



# **TEENAGE WAISTLAND**

A FORMER FAT KID WEIGHS IN  
ON LIVING LARGE, LOSING WEIGHT, AND  
HOW PARENTS CAN (AND CAN'T) HELP

Abby Ellin

## Teenage Waistland: A Former Fat-Camper Weighs in on Living Large, Losing Weight, And How Parents Can (And Can't) Help



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Why don't kids exercise more and eat less when they're dying to be thinner? What treatment options really work? in tones which are alternately appalled and patronizing. Few address the emotional, medical, cultural and developmental complexities influencing overweight kids. What they don't really know is how to successfully help an frequently discouraged, often reluctant kid on what will be considered a difficult, life-long journey. The truth is, many parents know that Whoppers are fattening. Abby Ellin, a journalist and former fat-camper whose parents' attempts to "save her" from fatness proved counterproductive, has had a lifelong interest in figuring out how they might have done it better, and an abiding compassion for obese children. In *Teenage Waistland* she shares the tale of her very own adolescent struggle with food and fat, and journeys with wish, skepticism, and humor through the scenery of today's diet tradition. She visits camps and community applications, and talks to experts, children and their parents, wanting to answer these questions: What can parents state that children will hear? We have been inundated recently with books and content articles about childhood obesity. Many offer cultural critique or diet and exercise advice &#151; Willpower, or surrender? One size does not fit all when it comes to weight loss, and the better we understand that, the more most likely we are in order to help our children. *Teenage Waistland* is ultimately clarifying and provocative for anyone who's ever wrestled with weight issues. Shame, or motivation?



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intriguing and honest An honest look at America's obsession with weight loss and how it affects younger generation. She lost weight but also discovered more about dysfunctional eating and how to do it (one counselor sneaked Ellin out to buy a cart full of candy and cookies because "Your body's getting used to the diet. Sadly, there is absolutely no quick fix as well as well-planned diet and exercise program that functions for all, or even some. Great book I work in public health and struggle to find resources that are useful. She taped a photo of an obese female on the refrigerator door. It is a amazing appear at a controversial subject matter. Due both to lack of willpower or incentive, and physical factors beyond the dieter's control, usually the weight is lost after that gained then lost again. This is a great reserve for everyone. There is absolutely no magic pill and there is absolutely no easy repair - but there are LOTS of methods to make things worse. Until we have changed our public norms, our environment, and the availability and ease to create healthy choices, it will likely be a long, tough road. This book is a good read that describes what it's prefer to have a problem with weight - good for those folks who are lucky and believe our 5-8 pound struggle is horrible, in addition to those who struggle with real weight difficulties and are ready to hear the painful truth of a child's experience. Well done, Abby. She acquired a childhood relationship with weight, food, and family that remains with her, regardless of what the scale says today. First, though, a confession: When I volunteered to read this publication, I feared that I was facing a difficult, lengthy slog through a dried out tome filled with scientific research on how best to help an obese kid shed extra pounds. Instead, I could barely put down this lively browse. You're never really sure how to proceed until you're confronted with it head on and Ellin's book showed that it's the sensible approach which makes the most feeling. Ellin starts with her own family members, who courageously support her by not challenging her to inform the unvarnished truth about the ways that her home contributed to her being overweight and meals fixations. Interestingly, the family's attitudes toward fat resulted in the author's sister getting anorexic. Even while Ellin grew bigger and larger, her sister started dieting by third quality. Ellin's grandmother was a major influence on her behalf self-image, withholding affections when Ellin obtained excess weight. On appointments to Grandma's house in Florida, Grandma weighed Ellin daily. Both grandmother and mom repeatedly drilled into Ellin and her sister the hazards of gaining pounds. "Teenage Waistland" lets the young subjects speak for themselves. At home, Ellin's mother obsessed over her very own weight, limited her diet plan and exercised before stepping on the scales every morning. Actually took me back again to the senior high school cafeteria. The ploy didn't function.. Ellin spent six years at weight-loss camps. The writer, a former fat child and fats camp survivor (though not really a parent, as she acknowledges) explores various ways to lose weight from extra fat camps to nagging to behavior modification and medical procedures, among others. You need sugar to provide it a jolt."). Even if you don't have a child with weight problems, TEENAGE WAISTLAND can be an engrossing go through. During her check out, she talks with young campers, providing us the first of many insightful conversations with teens wanting to lose weight. When it comes to the "fat child epidemic", the author doesn't claim to have all of the answers, but is quite willing to explore a number of solutions. instead, she grew up in a dysfunctional family members where she was pressured to be severely underweight. not absolutely all of it. Ellin compassionately presents recommendations to parents on methods to support an obese kid, all predicated on respect. Although there is not a single solution to such a complicated problem, reading this reserve is informative and helpful. The grandmother do this despite the fact that the author's sister was dangerously anorexic and weighed less than 70 pounds. In describing her fat camp times, she tells us the story of the owners of weight-loss

camps, beginning with her visit as a grown-up with the man who ran the first weight-reduction camp Ellin attended. --- Reviewed by Terry Miller Shannon (terryms2001@yahoo. As a teenager, her grandmother forbade her to come on the family trip to Disneyworld unless she could get her weight right down to 93 pounds. Experts --- from excess fat camp leaders to directors of diet programs to bariatric surgeons, researchers and extra fat activists (and more) --- represent a number of attitudes as each discusses the simplest way to help large adolescents. I was hoping the author had personal experience with staying thin despite having been obese as a kid, but this is not the case. The reserve is well written and techniques quickly, with plenty of humor along the way. In TEENAGE WAISTLAND, we learn what has helped teenagers get rid of weight and, (heartbreakingly) more often, what has either not helped them or produced them worse.com) Interesting, however the author was never actually fat I read the first part of this book; It is a horrifying and fascinating research inside our culture's warped attitude toward meals and excess weight. This book had not been what I expected, nonetheless it is well-written and intensely useful as a reminder of the amount of kids are punished for not being thin "enough". This book tells it like it is To put it simply, Abby Ellin "gets it". Informative and helpful --- an engrossing read Prepare to laugh, cry and cringe --- but also to learn --- as Abby Ellin leads us through the landscape of obese teen life. She candidly tells her tale, which isn't constantly a happy one, but it's often hilarious. What they state about their parents could make a reader weep. Teenage Waistland can be tragic, eye-starting, humorous and accurate. Once you read the introduction: Fat Child Blues - you will be hooked, similar to the author is certainly on Hostess cupcakes! Extremely helpful This book was extremely helpful to me and my children. As the mother or father of an overweight child, Abby Ellin's insight as a "former fat kid" is a hands-on "what things to do/"what never to do" primer for any parents dealing with these sensitive issues. Ellin will keep a page-turning pace as she skillfully weaves her very own story as a heavy, weight-obsessed teenager through the stories of other such adolescents. Don't panic; don't over react (as is the most instant impulse). Just take action sensibly. Well done! Amazing book This deft blend of memoir, sociology, and sharp cultural observation produces a fascinating and sometimes heartbreaking read. Teenage Waistland will charm to anybody who offers ever had a distorted or even just complicated romantic relationship to food, eating, and body picture. Nothing actually did, for many long, sad years..which is simply about everybody I know. As a kid, Ellin was devastated when her grandmother told her she couldn't come to Florida for a visit at Christmastime unless she lost 15 pounds. The author was never extra fat; A five-star read.



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