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"Gives parents and teens all the tools they will need to succeed."

—MARCI G. FOLEY, PhD, licensed psychologist and coauthor of *Think Confident, Be Confident for Teens*

FREE A Handbook for Helping Kids and Teens **YOUR CHILD** from **OVEREATING**

🐾 **53 Mind-Body Strategies for Lifelong Health** 🐾



MICHELLE P. MAIDENBERG, PhD, MPH, LCSW-R

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



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Is your child or teen overeating or overweight? You may have tried to help your child— You’Identify triggers, cravings, and self-sabotaging thought patternsDefine their values and discover the motivation to changeLearn to consume mindfully by savoring meals and snacksAnd established realistic goals using the four P’for your son or daughter and for you personally. If your ten- to eighteen-year-old is fighting overeating, you understand how hard that may be— Unhealthy eating habits put kids and teenagers’ well-becoming and self-confidence at an increased risk. Something needs to modification—but what? And how will you bring it up so they can really listen to you?Are you unsure how exactly to help? Maidenberg shares over 40 interactive exercises that can help your son or daughter or teen: just a stage,”their thinking. however the price of inaction can be too much. Michelle P.without very much success—re not alone.s: predict, plan, put into action, and practice. It can be tempting to wish that your child’s overeating is “but you may be overlooking the root cause of their have a problem with eating and workout— In Free YOUR SON OR DAUGHTER from Overeating, Dr. Using Dr. Maidenberg’s 53 strategies (rooted in mindfulness, cognitive-behavioral therapy, and acceptance and commitment therapy), it is possible to free your son or daughter from overeating or weight problems by building his / her confidence. Your kid gets the power to change, and you have the power to help!



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