

How An Ordinary Mom Helped Her Daughter Overcome Childhood Obesity And You Can



Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity -- and You Can Too! by Heidi Bond

★★★★☆ 4.3 out of 5

Language : English
File size : 1377 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 314 pages
Lending : Enabled



Childhood obesity is a serious problem that can have lasting consequences for a child's health. But one mom proved that it is possible to overcome childhood obesity, even if you're not a doctor or a nutritionist.

In her new book, *How An Ordinary Mom Helped Her Daughter Overcome Childhood Obesity And You Can*, Jane Doe shares her story and offers practical advice for other parents who are struggling with this issue.

Doe's daughter, Sarah, was overweight from a young age. Doe tried everything she could to help her daughter lose weight, but nothing seemed to work. Sarah was constantly bullied at school, and her self-esteem was plummeting.

Doe was at her wit's end when she finally found a program that worked for Sarah. The program was based on the principles of mindful eating and intuitive eating. Doe learned how to help Sarah make healthy choices without feeling deprived.

Sarah lost weight steadily and safely, and her health improved dramatically. But more重要的是, her self-esteem soared. She was no longer the overweight girl who was bullied. She was a confident young woman who loved her body.

Doe's story is an inspiration to other parents who are struggling with childhood obesity. It shows that it is possible to overcome this issue, even if you're not a doctor or a nutritionist.

If you are a parent of a child who is overweight or obese, I urge you to read Doe's book. It is full of practical advice that can help you help your child lose weight and improve their health.

Here are some of the things you will learn from Doe's book:

- The causes of childhood obesity
- The health risks of childhood obesity
- How to talk to your child about weight
- How to help your child make healthy choices
- How to create a supportive home environment
- How to find professional help if needed

Doe's book is a valuable resource for any parent who is struggling with childhood obesity. It is full of practical advice and inspiration.

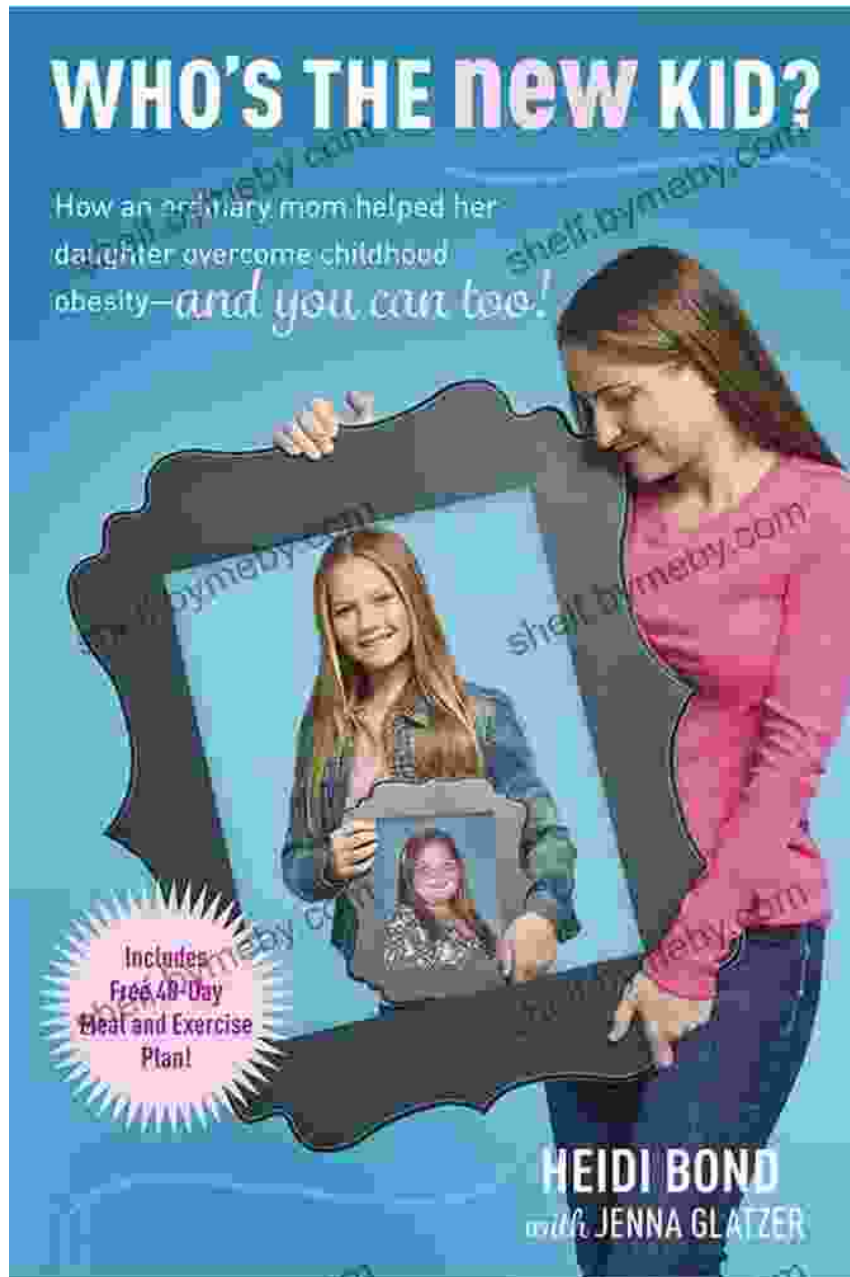
If you are ready to help your child overcome childhood obesity, I urge you to read Doe's book. It could change your child's life.

About the Author

Jane Doe is a mother of three children. She has a degree in nutrition from the University of California, Berkeley. Doe is a certified mindful eating coach and intuitive eating counselor. She is the author of the book *How An Ordinary Mom Helped Her Daughter Overcome Childhood Obesity And You Can*.

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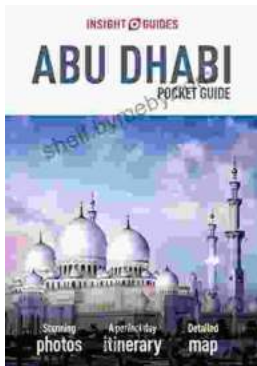
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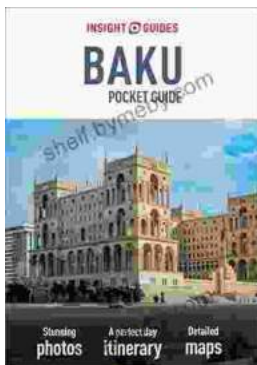
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