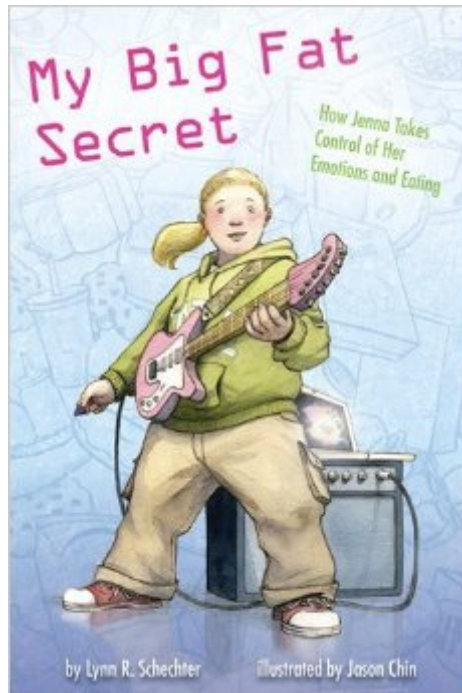


The book was found

# My Big Fat Secret: How Jenna Takes Control Of Her Emotions And Eating



## Synopsis

Jenna is having a tough time in middle school. She just turned 12, she hates gym, and she's overweight. Jenna has good friends and cool hobbies, but when some of her classmates make fun of her, she just feels so bad! And to make things worse, when Jenna feels sad or mad or stressed out, she starts to eat and she just can't stop! Through Jenna's story, kids will learn how to say goodbye to emotional eating and hello to a healthy lifestyle. They'll see how to create an action plan to stop overeating before it starts, identify emotional triggers that push them to food, and get healthier by taking better care of their bodies and minds.

## Book Information

Lexile Measure: 830L (What's this?)

Paperback: 48 pages

Publisher: Magination Press; 1 edition (September 1, 2009)

Language: English

ISBN-10: 1433805413

ISBN-13: 978-1433805417

Product Dimensions: 6.1 x 0.1 x 8.9 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,897,568 in Books (See Top 100 in Books) #65 in [Books > Children's Books > Growing Up & Facts of Life > Health > Weight](#) #3437 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#) #6120 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 9 - 11 years

Grade Level: 4 - 6

## Customer Reviews

This story is about the struggles Jenna, an overweight 12 year old girl, faces in school and at home and the changes she makes to overcome them. For such a painful subject, it is presented in an amazingly kind and gentle way. It's written as a series of emails sent back and forth between Jenna and her friends and family. The illustrations are simply wonderful. There is a supportive cast of people in her life that she confides in which helps show what safe relationships are. Her friends include kids around her age (a cool cousin and her best friend Chris) and a couple of concerned

adults, her french teacher Mademoiselle Narby and the school counselor Mrs. Gonzalez. There are many great lessons subtly slipped into this book. Some of them are:1. What emotional eating is.2. What emotional triggers are and how to prevent them and cope when you can't.3. A list of tips that can be used to stop overeating.4. How to make an action plan used for goal setting.5. Introduces the concept of healthy food, serving sizes and even provides two simple, kid friendly recipes.This is great for anyone that struggles with emotional eating. No matter what your age!

The best thing about this book is the format. The way it is presented in emails is very indicative of today's mode of communication. It takes a very serious and growing issue for young girls and Dr. Schechter makes this book very readable and easy for discussion.I highly recommend this book to ALL young girls so those girls who need help can be open to discussion and be proactive. Girls who have friends can be more sensitive to their friends and be more supportive and parents can really use this book as a springboard to talk or take measures to help their kids.My daughter who is in 5th grade really liked this book as well and we had a nice discussion about how important it is to have open communication with parents on everything. As a parent and educator, I would highly recommend this book to everyone.

This book has a unique email format, which makes for an intriguing read. Jenna struggles with her self-image and has realistic difficulties in school that I believe many children can relate to easily, even if they themselves are not overweight. It is a fun book to read, with helpful hints and recipes.Sometimes children need to know that it is o.k. to ask for help. In this book Jenna effectively asks for support from her friends as well as from adults in her school system to sort out her feelings. She pursues many avenues to help boost her self-esteem, while gaining control of her emotions, so she may find a path to healthier eating habits.It is an insightful portrayal of a young girl's emotional roller coaster ride through middle school. This book can open up a great dialogue for adults and children about communication, acceptance, bullying and healthy eating.

[Download to continue reading...](#)

My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Akiane: Her Life, Her Art, Her Poetry: Her Life, Her Art, Her Poetry Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Belly Fat: The Healthy Eating Guide to Lose

That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) The Diet Battle: Amazing Secret Myths About All Fast Weight Loss Plans.: Paleo,Healthy,Low Fat,Atkins,Blood Type,Ketogenic,Gluten Free,Low Carb,Flexible... ... Hi Free Fat Eating Chance Answers Book 1) Akiane: Her Life, Her Art, Her Poetry Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) KETOGENIC DIET: FAT BOMB RECIPES: Low Carb, High Fat, Vegan and Gluten Free Fat Bombs (FATBOMB COOKBOOK 1) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP)

[Dmca](#)