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## Too Fat? Too Thin?

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Category : Children's Books

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An open, honest book to help children, teens, and their parents feel good about food and their own bodies.

Eating is a necessity for all, a pleasure for some, and pretty complicated for others. Anorexia, bulimia, obesity: three words emblematic of eating disorders. A book to help us understand the roots of these problems, the risks to our health, and above all, how to address them, so we can look at our bodies in the mirror and not feel too fat or too skinny, but just plain good about ourselves.

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