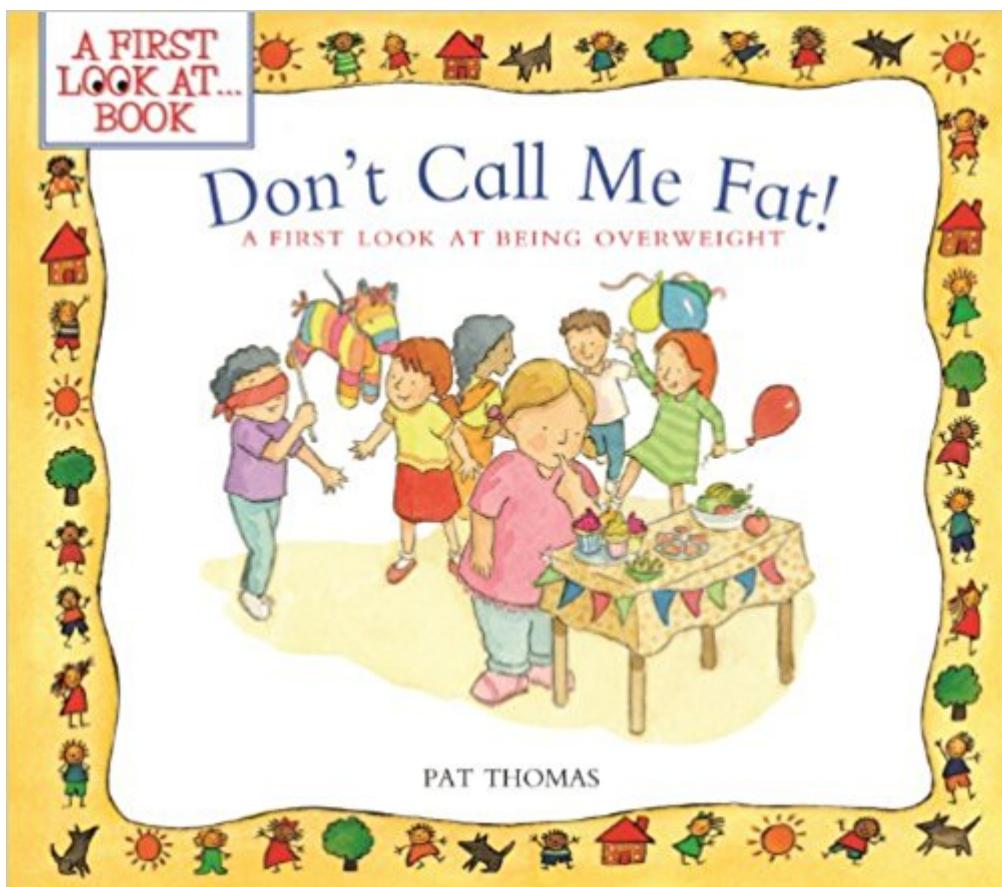


The book was found

Don't Call Me Fat!: A First Look At Being Overweight (A First Look At...Series)



Synopsis

Psychotherapist and counselor Pat Thomas puts her gentle, yet straightforward approach to work in this new addition to Barron's highly acclaimed *A First Look At...Series*. This book explores why someone might be overweight, gives advice on fitness and diet, and discusses how some people are bullied because of their weight. It also provides guidance for a healthier lifestyle as well as notes for adults. The story line is simple and easily accessible to younger children, who will learn that exploring the personal feelings around social issues is a first step in dealing with them. Full-color illustrations on every page.

Book Information

Series: *A First Look at...Series*

Paperback: 32 pages

Publisher: Barron's Educational Series (September 1, 2014)

Language: English

ISBN-10: 1438004710

ISBN-13: 978-1438004716

Product Dimensions: 0.2 x 8.5 x 9.5 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #3,480,780 in Books (See Top 100 in Books) #89 in Books > Children's Books > Growing Up & Facts of Life > Health > Weight

Age Range: 4 - 7 years

Grade Level: Preschool - 2

Customer Reviews

I too am a psychotherapist. I specialize in the treatment of eating disorders (the most deadly mental health diagnosis.) This book unfortunately promotes views that promote eating disorders. It's a well intended work that makes folks in my field shake our heads in disbelief. As a former early educator, parent and children's radio show storyteller- it has me seriously considering becoming an author for children to counter such material. I'm sorry to write such a poor review. Don't let this book near children you love if you want to teach them healthy ways to care for their precious bodies and souls- ugh.

This is heartbreaking. Children should learn to celebrate body diversity, not body shame. Please,

please do not purchase this book. All bodies are worthy. Healthy, balanced behaviors should be encouraged for all children, regardless of size.

This book is pure trash, no young child should feel ashamed of their bodies.

Putting aside the matter that "fat" is a descriptor, like "tall" or "blonde", and not an insult as the title implies, this book's message is essentially that if someone is fat it's because they just don't know how to "take care of themselves" and that if you're fat you'll be teased and bullied...with an implied message that you get what you deserve, and you'll never be truly happy while you're fat. The one redeeming page says "People who are overweight are not greedy or lazy", but the rest of the book is spent basically refuting this statement, saying that all fat people need is some savior to tell them how to eat right and exercise and then they'll magically be not fat and everyone will like them. News flash: kids don't shame other kids for being fat until some adult (or horrible book like this one) tells them it's shameful to be fat. How about a book that just promotes healthy behaviors without judging a kid's appearance? You cannot tell anyone's health status just by looking at them, whether fat or skinny. Period.

This book is likely to contribute to the growing number of eating disorder cases in children.

Childhood is not a time to be worried about diet - most children eat what they are given at home. It will also contribute to fat children being bullied and/or given unsolicited "health" advice by their peers. Fat children are already bombarded with messages that their bodies are bad, that their bodies are their fault and that they should be concerned with their size. As a fat child who suffered from multiple eating disorders while doctors kept telling me to lose weight while ignoring the abuse/sexual abuse and neglect I dealt with at home I can tell you this book would have made me feel not only singled out but ashamed of myself, adding to my self/body hatred. This is sad. Love your children, your friends, your loved ones just as they are - you never know what battles they are facing behind closed doors.

This is awful. The point of this book is telling children that if they're fat, they're going to be unhappy and made to feel bad. And while we shouldn't make others feel bad, it's because the kid eats too much and is unhealthy. Stereotype much??

If it were possible to rate this negative give five stars, I would. I could waste my time writing a whole

book about why this is a cruel act toward self image fire for adults let alone for children, but I'll just say shame on on the author, please go try to be happy without promoting self hatred to kids. And shame on for selling this.

What a completely toxic and unhealthy book. In an otherwise helpful series, I cannot believe this book was ever greenlit.

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Science) The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back Running: A Love Story: How an overweight radio DJ got hooked on running marathons

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