

Richard B. Stuart & Barbara Davis

slim chance in a  
**EAT  
WORLD**

CONDENSED  
EDITION  
Revised

BEHAVIORAL CONTROL OF OBESITY

# Slim Chance In A Fat World Condensed Edition

**S Ben Porath**



## **Slim Chance In A Fat World Condensed Edition:**

**Slim Chance in a Fat World** Richard B. Stuart, Barbara Davis, 1972      **Proceedings of the Nutrition-behavioral Research Conference** ,1975      **Fogarty International Center Series on Preventive Medicine** ,1973      **Obesity in Perspective: Summary of the conference. Commentaries** ,1975      *Technical Manual* United States Department of the Army, 1982      *Nutritional Support Handbook* ,1983      *The Diet Food Finder* Joan T. Casale, 1975      *Annual Convention* American Psychological Association. Annual Convention, 1972 Consists of programs of the conventions      **School of Social Work ... Announcement** University of Michigan, 1973      *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1974      *Journal of Applied Behavior Analysis* ,1979      *Behavioral Approaches to Weight Control* Edward E. Abramson, 1977      **Analysis of a Cognitively Oriented Self-management Weight Control Program Using an Intensive Case Study Withdrawal Design** Randall Dean Gold, 1976      *Break the Smoking Habit* Ovide F. Pomerleau, Cynthia Stodola Pomerleau, 1984      **A Practical Approach to Pediatric Endocrinology** George E. Bacon, 1982      *Journal of Behavior Therapy and Experimental Psychiatry* ,1979      *Overweight Teenagers* Michael D. Lebow, 1995-08-21

Overweight Teenagers Don't Bear the Burden Alone is a straightforward guide designed to speak frankly to teenagers about what overweight is and how to confront it safely and effectively Dr Michael D LeBow an expert in the field of obesity studies stresses that young people must not judge their self worth solely by reading a weight scale Sensitive to teenagers lack of self esteem the author urges consideration of the pros and cons of controlling overweight Through a series of revealing accounts with overweight teenagers and their parents Dr LeBow looks upon a number of important issues in particular the verbal abuse inflicted by peers the risks of possible illness in adulthood e g coronary heart disease diabetes hypertension cancer the importance of acknowledging and overcoming obstacles the value of positives in controlling actions and behavior to design a better overall environment and the contradictory eating protocols befalling teens at home school or in public places As a compassionate exceptionally beneficial advisor the author maintains that those who want to be thinner deserve access to safe rational methods of weight loss In addition the text is clarified by a comprehensive set of Recommended Dietary Allowances tables and an appendix of suggested readings Overweight Teenagers not only teaches but advocates the challenge to lose overweight without jeopardizing oneself without suffering stratagems destined to damage the body and depress the spirit By enlisting and accepting the aid of parents doctors and teachers teenagers will discover that they need not bear alone the burden of overweight Guidance counselors and school administrators physicians nutritionists behavioral psychologists and other health professionals will find this an important resource for helping teens      *Readings in Psychology and Human Experience* John H. Brennecke, 1978      **Paperbound Books in Print** ,1983      *The Dental Outlook* ,1986

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