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My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating

By Lynn R. Schechter

Magination Press. Hardcover. Book Condition: New. Jason Chin (illustrator). Hardcover. 48 pages. Dimensions: 9.1in. x 6.2in. x 0.4in. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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