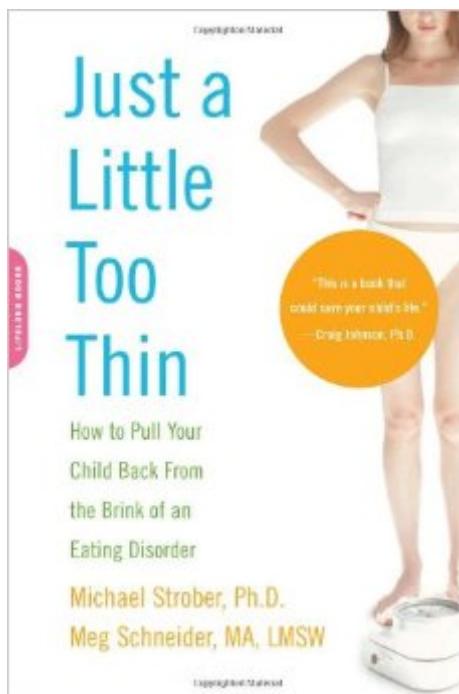


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# Just A Little Too Thin: How To Pull Your Child Back From The Brink Of An Eating Disorder



## Synopsis

At a time when 81 percent of ten-year-old girls say they are afraid of being fat, early dieting is clearly a widespread problem. However, the difference between being "just a little too thin" and having a full-blown eating disorder can be hard for even the most involved parent to distinguish. Dr. Michael Strober and Meg Schneider's *Just a Little Too Thin* shows parents how to approach this problem proactively. First, it helps parents determine the severity of a child's weight issues by outlining the three stages of this slippery slope and the behavioral signs associated with each. The book then gives expert guidance on talking about weight and eating in ways that help a daughter cope with the emotional issues that feed her obsession. No matter where a girl rests on the continuum of eating behaviors, *Just a Little Too Thin* is an invaluable aid for parents intent on keeping their children emotionally and physically healthy in a world of unprecedented pressures.

## Book Information

Paperback: 256 pages

Publisher: Da Capo Press (August 22, 2006)

Language: English

ISBN-10: 073821079X

ISBN-13: 978-0738210797

Product Dimensions: 8.3 x 5.5 x 0.7 inches

Shipping Weight: 7 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #806,259 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #823 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #1103 in Books > Teens > Social Issues

## Customer Reviews

I am the father of an adolescent girl who has begun to worry about her weight. I haven't understood why as she is quite slim, but certainly can see she is a perfectionist. Up until now the only books I could find to understand what's happening to her were frightening and about actual illness. There wasn't anything about what could be happening to MY child now -- while she's still rather healthy. This book is totally great. I now understand where my daughter is on the dieting spectrum, I have a sense of how to read her behaviors and I even feel confident now talking to her about food, weight, and her desire to be thin. We're not fighting. We're actually talking. This is a book that seems to have helped me put each of us in a safer place. I highly recommend it to any parent who is seeing

their child begin to obsess about her weight.

I have been privileged to have my therapy practice in the same office as Meg Schneider. I didn't realize what an authority she was on eating disorders until I read her book. It is insightful, highly readable for professionals and lay people alike. Meg really understands the psychodynamics of adolescent girls and the warning signs that they are on the brink of or actually suffering from an eating disorder. The book includes case studies, quotes from adolescents and pre-adolescents, reviews of theories regarding eating disorders and ideas to counteract eating-disordered behavior. These are mixed nicely to provide a stimulating reading experience that will be helpful to the parents of eating-disordered children and the therapists that are treating them. Lorin Woolfe, MSW, LCSW

Dr. Michael Strober has taken his life's work, synthesized it, and encapsulated in a very well written, accessible text. Dr. Strober is known internationally in academic psychiatry and psychology as a "triple threat". This means he has the highest respect as a clinician, teacher and researcher. When it comes to eating disorders you want Dr. Strober to care for you; you want him to teach you and you want to follow his research findings. Now all of these arenas are covered in one place: Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder. I consider this a must read for any patient or family dealing with anorexia as well as all students and clinicians interested in eating disorder.

I have a lovely child who started dieting several months ago and never did I think she would be ruled by obsession. I could not believe what was happening, and how quickly the problem took hold. Then, I heard about this book and there it was, every one of the personality traits and social stresses the book discusses as early warn signs. For weeks I was doing things that I know now were not helping, even making things worse. Things really started turning around when I followed the suggestions in this book. I only wish I read it two months ago. Thank you Dr Strober and meg Schneider!!!!

Dr. Michael Strober provides excellent insight for parents of girls suffering from eating disorders. His combination of academic research and clinical experience makes his advice both practical and effective. There is no other guide like this out there. Another excellent resource for parents is STICK FIGURE: A DIARY OF MY FORMER SELF by Lori Gottlieb. I heard a reading from both books tonight, and having both the doctor's and patient's points of views was invaluable. As a parent of a

teen girl, I highly recommend reading both books together.

You, as parents, may begin to watch your adolescent child begin to study pictures of supermodels in magazines. He or she may start dieting, little changes at first, and exercising more. They may start dissecting their bodies, thinking they will never look good enough. A few pounds fall off but how much is too much? You may watch your daughter closely, but when is it time to become scared? You read in magazines about more and more celebrities becoming diagnosed with anorexia and bulimia. Is yours? Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder answers these questions as they study simple dieting and exercising all the way to the extreme dieting. The book tells about the different reasons a child may be unhappy with her body, and you must remember, it is not all your fault. But Strober and Schneider also talk about how you can change your child's mind about dieting before it becomes a problem. They also examine, if the time comes, when and how to get help. Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder is a very factual book that examines casual dieting and exercising all the way to the extremes. Very simple to understand, they give case studies of actual feelings and different ways to help. It also talks about getting outside help. Parents are not alone. Highly informative, Strober and Schneider wrote a book that I would recommend to any parent who thinks their child is having a problem. It even talks about how to say the right thing so I would recommend it for almost any parent of a teenager.

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