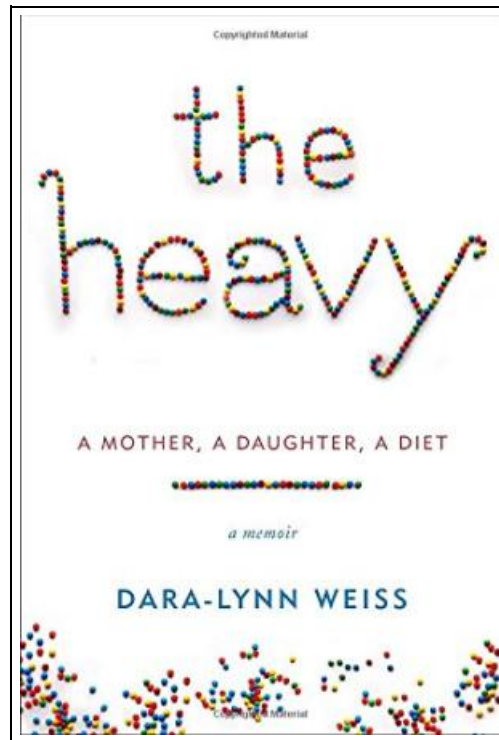


The Heavy: A Mother, a Daughter, a Diet (Hardback)



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Reviews

Definitely one of the best book I actually have ever go through. Sure, it can be perform, nonetheless an amazing and interesting literature. I found out this pdf from my dad and i suggested this book to discover.
(Ms. Chanel Streich)

THE HEAVY: A MOTHER, A DAUGHTER, A DIET (HARDBACK)

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Random House USA Inc, United States, 2013. Hardback. Condition: New. Language: English . Brand New Book. For readers of *Battle Hymn of the Tiger Mother* and *Bringing Up Bebe*, a mother's unflinching memoir about helping her seven-year-old daughter lose weight, and the challenges of modern parenting. When a doctor pronounced Dara-Lynn Weiss's daughter Bea obese at age seven, the mother of two knew she had to take action. But how could a woman with her own food and body issues--not to mention spotty eating habits--successfully parent a little girl around the issue of obesity? In this much-anticipated, controversial memoir, Dara-Lynn Weiss chronicles the struggle and journey to get Bea healthy. In describing their process--complete with frustrations, self-recriminations, dark humor, and some surprising strategies--Weiss reveals the hypocrisy inherent in the debates over many cultural hot-button issues: from processed snacks, organic foods, and school lunches to dieting, eating disorders, parenting methods, discipline, and kids self-esteem. Compounding the challenge were eating environments--from school to restaurants to birthday parties--that set Bea up to fail, and unwelcome judgments from fellow parents. Childhood obesity, Weiss discovered, is a crucible not just for the child but also for parents. She was criticized as readily for enabling Bea's condition as she was for enforcing the rigid limits necessary to address it. Never before had Weiss been made to feel so wrong for trying to do the right thing. The damned if you do/damned if you don't predicament came into sharp relief when Weiss raised some of these issues in a *Vogue* article. Critics came out in full force, and Weiss unwittingly found herself at the center of an emotional and highly charged debate on childhood obesity. A touching and relatable story of loving a child enough to be unpopular, *The Heavy* will leave...

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