

“Forget the yo-yo diets and the magic pills... Dr. Susan did something few experts bother to do. She actually listened to teenage girls – and learned from them. The result is awesome: A set of girl-tested strategies that really, really work...”

Ellis Henican
Newsday

“Dr. Susan wants you to become a strong and powerful young woman!... you can become the leader of your own life...learn to feel good, look good, become physically and emotionally healthy...”

Linda Lebelles, Director
Focus Adolescent Services
www.focusas.com

“Bartell empowers girls to take control of their bodies and minds with words of wisdom from not only herself, but from girls who have been there...this book is a must-read for preteen and teen girls. It also provides parents important insight into helping their daughters through body image issues, with which so many girls struggle. More power to the parents who arm their daughters with this information!”

Elisa Ast All
Editor-in-Chief
iParentingMedia

Has every diet failed you?

Guess what...diets don't work!

Dr. Susan's Girls-Only Weight Loss Guide

is your answer!

- * *Eat out and still lose weight*
- * **Easy, fun exercises that WORK!**
- * *Great strategies from other girls*
- * **Break bad eating habits without depriving yourself**
- * *Get and stay motivated to lose weight*
- * **Peer pressure, parent pressure—how to make it help, not hurt**
- * *Avoid family patterns that make you fat*
- * **Stop your feelings from controlling your eating**
- * *Lose weight without dieting!*
- * **Advice for parents from real teens: how they can support, not criticize you**



Dr. Susan is a psychologist who has been helping teen and preteen girls and their parents for over fifteen years. She has written two other books including *Stepliving for Teens*. Dr. Susan is frequently an invited expert for TV, radio, internet and print media in the U.S. and internationally. She also reaches out to girls and their parents through seminars and lectures on many topics about being a teenage girl and living with a teenage girl.

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