

## Help for parents with overweight daughters!



Thirty percent of preteen and teenage girls are overweight!! And it's no wonder, considering their fast-food, peer-pressured, media-saturated lifestyles. In fact, eighty-percent of ten-year old girls have dieted already!

But weight loss takes its toll on a young girl and her family. Psychologist and teen expert, Dr. Susan Bartell explains, "Having an overweight daughter can be just as painful for a *mother* as it is for the teenage girl herself. When her daughter is ostracized, can't wear the latest fashions or is left out of the dating scene, a mom is desperate to help her." Bartell explains, "Unfortunately, attempts to help usually result in battles about weight, eating and exercise — leaving mothers and daughters at odds, fighting constantly to find common ground."



The solution, maintains Bartell, is to work with the preteen and teen's natural desire for independence, rather than trying to dictate lifestyle changes to her. This is why Bartell's new book, **Dr. Susan's Girls-Only Weight Loss Guide: The easy, fun way to look and feel good!** (Parent Positive Press, © 2006, \$14.95pb, [www.girlsonlyweightloss.com](http://www.girlsonlyweightloss.com)), is such an important tool for parents (especially mothers) to give to their daughters.

Packed with supportive, self-esteem shaping information and practical advice, Dr. Bartell's book is aimed at typical teens (not girls with eating disorders) and addresses everyday struggles. Quizzes appeal to the teen reader and interviews with numerous real girls remind the reader she is not alone. Twelve diverse, energized girls served as Dr. Susan's Advisory Group. They read every chapter and infused the book with fabulous suggestions and real peer support.

— over —

### A Few Quick Tips for Parents (especially moms)

- Encourage your teen to pick her own healthy snacks (bonus: time together)
- Reduce clothing stress — emphasize accessories and shoes
- Resist the urge to monitor what she eats — it'll lead to secretive "closet" eating
- Dancing to really loud music IS exercise
- If you wear a smaller size than your daughter, don't try on clothes while shopping with her

Adapted from **Dr. Susan's Girls-Only Weight Loss Guide: The easy, fun way to look and feel good!** (Parent Positive Press, © 2006, [www.girlsonlyweightloss.com](http://www.girlsonlyweightloss.com))

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“Dieting is NOT the answer for teens,” reminds Bartell. “In fact, girls who diet are much more likely to develop eating disorders.” Rather, girls need to be empowered to break away from unhealthy patterns and find healthier, less self-destructive ways to cope with their depression, anger and even happiness. This book warns against fad diets, eating disorders and other fears that parents may have for their daughters.

If moms truly want to help their overweight daughter(s) have healthier bodies, start working with them to build a healthier self-esteem and positive outlook and that will make a huge difference.

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Dr. Susan Bartell is a nationally recognized expert on preteen and teen issues. She is frequently quoted in the media and writes on issues of parenting and adolescent development. She authors a regular column on BonusFamilies.com as well as Q and A’s and articles for several other large websites. Dr. Susan conducts workshops for teens and for parents and is a frequent speaker at schools and health conferences.

#### Early Praise for **Dr. Susan’s Girls-Only Weight Loss Guide**

“Dr. Susan did something few experts bother to do. She actually listened to teenage girls... The result is awesome.” ~Ellis Henican, Newsday

“Girls who are struggling with weight issues will find this plan practical, easy to follow, and highly motivational.” ~Ira Sacker, M.D., Founder of HEED (Help End Eating Disorders)

“**Dr. Susan’s Girls-Only Weight Loss Guide** will be a best friend to girls who strive for healthier bodies and happier hearts.” ~Donna Smith, Senior Editor, Family Energy magazine

To request a review copy of **Dr. Susan’s Girls-Only Weight Loss Guide**, to arrange an interview with Dr. Susan or for any additional information, please contact  
Kate Bandos at KSB Promotions: • **800-304-3269** or 616-676-0758  
• fax 616-676-0759 • **kate@ksbpromotions.com**

### **Dr. Susan’s Girls-Only Weight Loss Guide**

**The easy, fun way to look and feel good!**

by Dr. Susan S. Bartell

272 pages • 6” X 9” • Foreword for parents

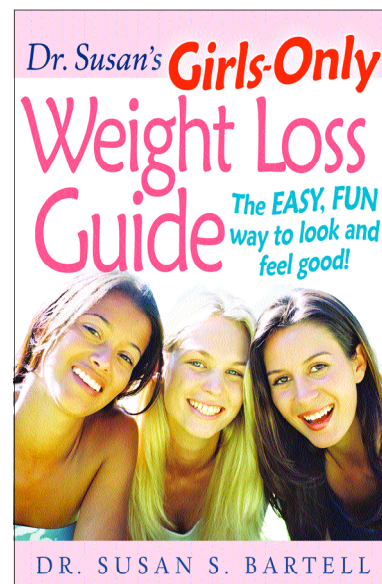
Line drawings • Charts • Quizzes

Appendices: Resources and contributors • Index

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Distributed by Independent Publishers Group, **Dr. Susan’s Girls-Only Weight Loss Guide** is available at bookstores nationwide, at online bookstores, by calling toll-free 877-885-BOOK (2665) and at [www.girlsonlyweightloss.com](http://www.girlsonlyweightloss.com).



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