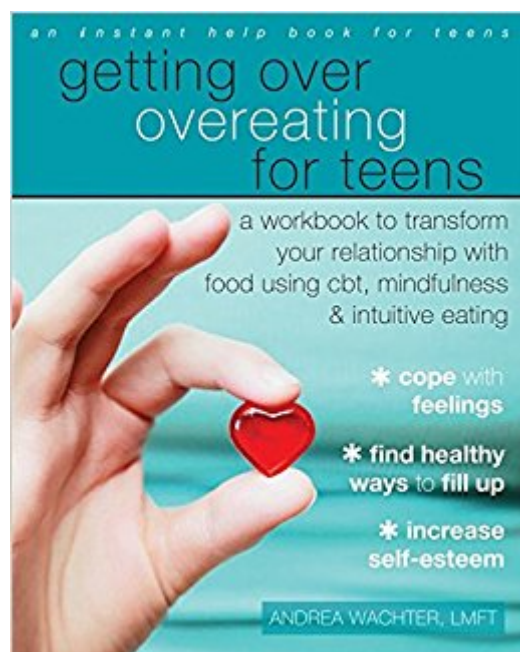




The book was found

Getting Over Overeating For Teens: A Workbook To Transform Your Relationship With Food Using CBT, Mindfulness, And Intuitive Eating (An Instant Help Book For Teens)



Synopsis

Transform your relationship with food, once and for all. Written by a family therapist and eating disorder specialist, this skills-based workbook will give you the tools you need to manage your emotions and find the comfort and sweetness you truly seek in life--without overeating! If you struggle with overeating, you are not alone. Studies show that millions of teens face problems with emotional eating and negative body image. *Getting Over Overeating for Teens*, written by an eating disorders specialist who struggled with her own issues as a teen, provides a wealth of tools to help you change your relationship with food. Using an integrated approach that includes cognitive behavioral therapy (CBT), mindfulness, and intuitive eating, this book will focus on the emotional, mental, physical, and spiritual factors that are essential to overcoming overeating. With the powerful exercises in this book, you'll come to a better understanding of your urges to overeat, and learn skills such as emotion regulation, assertive communication, moderate eating, and working with cravings. Most importantly, you'll find healthy ways to fill up and apply what you've learned to living a healthier, happier life.

Book Information

Series: An Instant Help Book for Teens

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Customer Reviews

Wachter offers sound information from a variety of approaches, and addresses the core issues of feelings, food, body image, and much more. Written in language that is easy to understand and insightful for girls and boys, this workbook is terrifically practical. It is the best resource I've ever seen on this subject for teens. — Leigh Cohn, MAT, CEDS, editor-in-chief of *Eating Disorders*:

The Journal of Treatment and Prevention, and coauthor of a dozen books related to eating disorders

• Using clear language and concepts that teens will easily relate to, *Getting Over Overeating for Teens* is a wonderful, readable, and practical manual for helping teens heal their relationship with food. I only wish I had been given this book when I was a teenager struggling with overeating and yo-yo dieting!

• "Michelle May, MD, author of *Eat What You Love, Love What You Eat* for Students

• You can rediscover a mindful and joyful relationship with food, your body, and your feelings. Give yourself the gift of self-compassion, and learn to listen to your body's inner wisdom again. This book will show you how.

• "Dzung Vo, MD, specialist in adolescent medicine, and author of *The Mindful Teen*

• In a language appealing to teens, Andrea Wachter has created a book that can help readers navigate their way through the challenges of adolescence, without turning to food. Teens will relate to the catchy titles of chapters and thought-provoking exercises, which can motivate them to deeply explore their emotions and strengthen their coping mechanisms. This workbook is a must-have for professionals treating teens and for the teens themselves.

• "Elyse Resch, MS, RDN, CEDRD, coauthor of *Intuitive Eating* and *The Intuitive Eating Workbook*

• Overeating among adolescents can not only have devastating health impacts, but serious effects on quality of life. Written in a very friendly manner, Andrea helps readers become fully aware of feelings and their relationship to food and eating. The entire book provides very helpful tips for teens to develop a healthy relationship with food, fitness, and feelings. This is a book that is worth reading and I loved it!

• "Eva Maria Trujillo Chi Vacuñ, MD, FAED, president of the Academy for Eating Disorders, medical director and founder of Comenzar de Nuevo, AC, and clinical professor at Tecnológico de Monterrey School of Medicine

• A must-read and do for every parent and all teens whether or not they struggle with emotional eating and/or overeating! Andrea Wachter provides tools to navigate the teen years healthfully by learning to separate food and feelings. Bravo to Wachter for simplifying the steps to a healthy self, using analogies and metaphors alike.

• "Laura Cipullo, RD, CEDRD, past president at IAEDP, NY, and author of *The Women's Health Body Clock Diet* and *Healthy Habits*

• *Getting Over Overeating for Teens* is an engaging, action-oriented, experiential book that will appeal to adolescents who are struggling with any form of food, weight, or body image issues. The book is designed to help readers understand how food helps them cope, and gives specific tools to facilitate new coping mechanisms. Wachter explores the underlying conflicts and emotions that lead to overeating in a compassionate and supportive manner, eliminating the shame that often goes with this issue. Her use of catchy phrases will appeal to teens, and her particularly creative way of identifying and challenging internal narratives will be very relatable. I highly recommend this book to teens, parents,

and clinicians. • "Nina Savelle-Rocklin, PsyD, psychoanalyst, author, and speaker specializing in weight, body image, and disordered eating • There's a lack of support and available resources for teens who overeat. Andrea does a superb job providing teens with a resource that is practical, user-friendly, and chock-full of helpful and necessary skills to overcome overeating. She cleverly uses teen lingo to engross her readers, and I especially like, the "common mind movies," "rainbow thinking," and having an "internal soundtrack." Kudos to Andrea for writing this innovative, life-changing book for teen overeaters! • "Michelle P. Maidenberg, PhD, MPH, LCSW-R, psychotherapist, adjunct professor at New York University, and author of *Free Your Child from Overeating* • Using cognitive behavioral therapy (CBT) and mindfulness as guides, this book brings together all of the proven ingredients for positive change. • "Peter Muennig, MD, MPH, professor at Columbia University, Department of Health Policy and Management • This wonderful, interactive, and comprehensive workbook gets to the core of what drives unhealthy eating patterns, and offers real solutions to overcome what's really eating you! I highly recommend this workbook to teens, and I encourage parents to buy their own copy and work through the thoughtful, insightful exercises • making healthy attitudes and habits a family affair! • "Kim Dever-Johnson, MA, LMHC, owner of Creative Balance Counseling Center, and coauthor of *You Grow Girl!: A Self-empowering Workbook for Tweens and Teens*

Andrea Wachter, LMFT • is co-author of *The Don't Diet, Live-It! Workbook* and *Mirror, Mirror on the Wall: Breaking the "I Feel Fat" Spell*. • She has over twenty-five years of experience working with children, teens, adults, families and groups. Wachter is passionate about helping people who are struggling with eating disorders, body image, substance abuse, depression, anxiety, grief and relationships. She is an inspirational counselor, author, and speaker who uses professional expertise, humor and personal recovery to help others. Check out her Huffington Post blogs at andreawachter.com.

There is some information that will be good to use while working with teens.

This book is excellent. It covers a range of relevant issues in a playful and interesting way, employing short chapters to provoke insight and awareness about: food and body image; emotions; relationships; self-awareness; thinking habits; social skills and other related topics. The light-hearted tone makes it fun to read, and it is full of exercises that can be done in any order. I think it's a great book for therapists who work with teens to have in their treatment arsenal, as well as for

parents interested in helping their teenager develop healthier eating patterns and better self-esteem. In complete opposition to controlling teens with external rules and diets, it helps the young person understand his or her relationship with food in a non-judgmental, non-shaming way, potentially leading to wiser decision-making about food. I highly recommend it.

Andrea has created an excellent and practical workbook for teens, and anyone, to learn skills and tools to listen to their body and heart to overcome overeating and truly nurture themselves. It is informative, with good instructions and examples to retrain your brain and heal your relationship with food. This book delivers even more than the title, helping you to listen to your heart with kindness, compassion and understanding, becoming your own BFF. With caring, warmth, understanding and skill, Andrea gives valuable information and examples of what to do to overcome overeating and heal in many ways. I love the heart on the cover of the workbook. If you want to find a way to connect to, and nurture, your heart to overcome overeating, you will find the answers at your fingertips in this wonderful book. Carol A Calgary, Canada

Andrea's workbook explores how our response to different emotions can lead to overeating. She helps the reader feel acknowledged and understood for having such emotions and provides many interactive tools for coping instead of turning to food for comfort. She helps build self-esteem and confidence with her activities by helping to restructure negative thoughts and replacing them with positive thoughts. This workbook is easy to understand, the activities are easy and fun to do, and the results leave the reader feeling empowered. Andrea offers advice and support in a very kind and extremely effective way. I highly recommend this book to any teen who struggles with overeating! Danielle Reyes RD, CDE

This book is amazing and inspirational. Not surprised of how well written and the great tips and tools that Andrea provided since I have loved her previous book "Don't Diet, Live it" as well. I have recommended her previous book to many other. I have found great value in it in my own personal experience and I could see that this will so as well. This amazing book could really make a difference in the lives of young teens struggling with food, weight, and body images issues. I specially loved Andrea's approach of being kind with yourself. Great book I highly recommend it.

I love how accessible this book is. It's written how kids talk. In simple, straightforward language, Andrea has broken down the elements of stuffing feelings through overeating --- and offered tools

and exercises for starting to see and change patterns of behavior. It will join my bookshelf as a prime reference for future work with teens. In the meantime, I'm using the elements she's offered here to help my pre-teen son with his overeating.

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Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Study Guide for Fundamentals of Engineering (FE) Electrical and Computer CBT Exam: Practice over 400 solved problems based on NCEES® FE CBT Specification Version 9.4

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