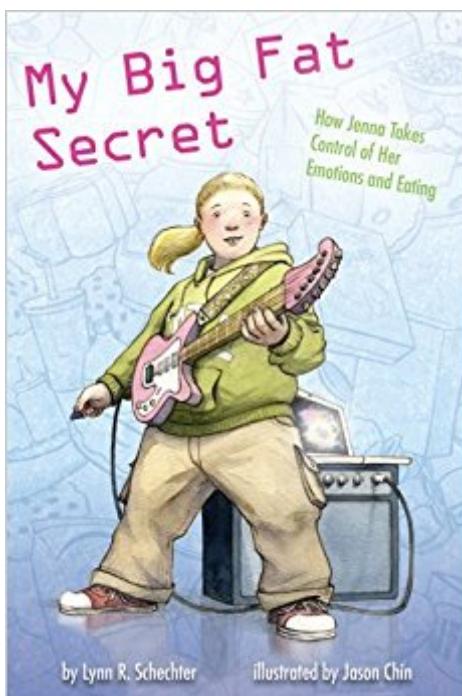


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# My Big Fat Secret: How Jenna Takes Control Of Her Emotions And Eating



## **Synopsis**

Jenna is having a tough time in middle school. She just turned 12, she hates gym, and she's overweight. Jenna has good friends and cool hobbies, but when some of her classmates make fun of her, she just feels so bad! And to make things worse, when Jenna feels sad or mad or stressed out, she starts to eat and she just can't stop! Through Jenna's story, kids will learn how to say goodbye to emotional eating and hello to a healthy lifestyle. They'll see how to create an action plan to stop overeating before it starts, identify emotional triggers that push them to food, and get healthier by taking better care of their bodies and minds.

## **Book Information**

Lexile Measure: 830L (What's this?)

Paperback: 48 pages

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Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,193,402 in Books (See Top 100 in Books) #82 in Books > Children's Books > Growing Up & Facts of Life > Health > Weight #5159 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #8681 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 9 - 11 years

Grade Level: 4 - 6

## **Customer Reviews**

Grade 4 "6" Jenna, 12, is overweight and having trouble adjusting to middle school. Despite having good friends and fun hobbies, she can't shake off the mean-spirited taunts from some of her peers. Written as emails between Jenna and her friends, family, teacher, and school counselor, the text chronicles the girl's journey from an emotionally out-of-control eater to a happier, healthier adolescent. Help that includes healthy recipes from her dad and an action plan and a list of emotional triggers to watch for from her counselor puts her on the path to better control of her

emotions and her eating. The email format and overall art designâ "colorful cartoons depict Jenna and her correspondentsâ "will appeal to tweens.â "Elaine Baran Black, Georgia Public Library Service, Atlanta Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Hardcover edition.

Silver, 2010 -- Moonbeam Children's Book Award for Health Issues,

This story is about the struggles Jenna, an overweight 12 year old girl, faces in school and at home and the changes she makes to overcome them. For such a painful subject, it is presented in an amazingly kind and gentle way. It's written as a series of emails sent back and forth between Jenna and her friends and family. The illustrations are simply wonderful. There is a supportive cast of people in her life that she confides in which helps show what safe relationships are. Her friends include kids around her age (a cool cousin and her best friend Chris) and a couple of concerned adults, her french teacher Mademoiselle Narby and the school counselor Mrs. Gonzalez. There are many great lessons subtly slipped into this book. Some of them are:1. What emotional eating is.2. What emotional triggers are and how to prevent them and cope when you can't.3. A list of tips that can be used to stop overeating.4. How to make an action plan used for goal setting.5. Introduces the concept of healthy food, serving sizes and even provides two simple, kid friendly recipes. This is great for anyone that struggles with emotional eating. No matter what your age!

This book has a unique email format, which makes for an intriguing read. Jenna struggles with her self-image and has realistic difficulties in school that I believe many children can relate to easily, even if they themselves are not overweight. It is a fun book to read, with helpful hints and recipes. Sometimes children need to know that it is o.k. to ask for help. In this book Jenna effectively asks for support from her friends as well as from adults in her school system to sort out her feelings. She pursues many avenues to help boost her self-esteem, while gaining control of her emotions, so she may find a path to healthier eating habits. It is an insightful portrayal of a young girl's emotional roller coaster ride through middle school. This book can open up a great dialogue for adults and children about communication, acceptance, bullying and healthy eating.

The best thing about this book is the format. The way it is presented in emails is very indicative of today's mode of communication. It takes a very serious and growing issue for young girls and Dr. Schechter makes this book very readable and easy for discussion. I highly recommend this book to

ALL young girls so those girls who need help can be open to discussion and be proactive. Girls who have friends can be more sensitive to their friends and be more supportive and parents can really use this book as a springboard to talk or take measures to help their kids. My daughter who is in 5th grade really liked this book as well and we had a nice discussion about how important it is to have open communication with parents on everything. As a parent and educator, I would highly recommend this book to everyone.

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My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating The Adoration of Jenna Fox (The Jenna Fox Chronicles) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Everything You Need to Ace Science in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace American History in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace World History in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace English Language Arts in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace Math in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) NLP: Neuro Linguistic Programming: Re-Program

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