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Why Can't My Child Stop Eating?: A Guide To Helping Your Child Overcome Emotional Overeating



WHY CAN'T MY CHILD
S T O P
EATING?

A GUIDE TO HELPING YOUR CHILD
OVERCOME EMOTIONAL OVEREATING



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Synopsis

Help for parents that tackles the real causes of childhood obesity and offers practical solutions. *Why Can't My Child Stop Eating* examines the emotional roots of overeating and addresses the social, emotional, and physical problems of these children and their families. With the ever-growing childhood obesity problem, the audience for this book continues to develop. *Why Can't My Child Stop Eating?* provides parents with specific activities to assist in addressing and healing the emotional aspects of obesity. Currently there is no book on the market that provides assistance in coping with the emotional issues of obesity that offers an emotional recovery plan for children. Debbie Danowski, PhD, is co-author of the previously published *Why Can't I Stop Eating?* (Hazelden Publishing, 2000), in which she outlined her personal physical, emotional, and spiritual food addiction recovery program that resulted in her losing more than 150 pounds over seventeen years ago. She is a regular guest on both national and international radio programs. *Why Can't I Stop Eating?* was Hazelden's best-selling trade book in the summer of 2000. The book is currently in its third printing.

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