



# My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating

By Lynn R. Schechter

Magination Press. Hardcover. Book Condition: New. Jason Chin (illustrator). Hardcover. 48 pages. Dimensions: 9.1in. x 6.2in. x 0.4in. Jenna is having a tough time in middle school. She just turned 12, she hates gym, and shes 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 cant stop! Through Jennas story, kids will learn how to say goodbye to emotional eating and hello to a healthy lifestyle. Theyll 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



#### Reviews

Without doubt, this is actually the greatest work by any writer. It is actually writter in simple terms instead of confusing. I found out this ebook from my i and dad recommended this pdf to understand.

-- Kristy Dicki

Without doubt, this is actually the greatest operate by any writer. It is really basic but surprises within the 50 percent of the ebook. I discovered this ebook from my i and dad recommended this ebook to understand.

-- Mrs. Chelsea Hintz

## Other Kindle Books



#### **Animalogy: Animal Analogies**

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals...bat is to...



#### The Mystery at Motown Carole Marsh Mysteries

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...



#### **Eagle Song Puffin Chapters**

Puffin. Paperback. Book Condition: New. Dan Andreasen (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 4.9in. x 0.3in.A contemporary middle grade story about confronting bullying and prejudice Danny Bigtrees family has moved to Brooklyn, New York, and he just cant seem to fit...



#### God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in.  $\times$  5.2in.  $\times$  0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...



# DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give to the poor. Join Robin Hood and...



### The Stories Julian Tells A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at telling stories. He can make peopleespecially his...