

What people are saying...

“This outstanding book offers new insights into the causes of the childhood obesity epidemic by a pioneer in the field. The emotional messages from the kids themselves are oftentimes heartbreaking. The book offers fresh ideas for stemming the problem and preventing it from worsening. A major contribution to the field.”

--John Foreyt, Ph.D.

Professor in the Department of Pediatrics, the Department of Psychiatry, and the Department of Medicine at Baylor College of Medicine, Houston, TX. Dr. Foreyt is the Director of the Behavioral Medicine Research Center at Baylor and has published more than 240 articles and 17 books in the areas of obesity, eating disorders, and cardiovascular risk factor reduction.

"I must congratulate you on having the bravery to persist on this amazingly TRUE piece of work. It really resonates true because it is what they say."

-- Rose Marie Thomas, MD, FAAP

Dr. Thomas is a pediatrician and directs the Frontier Kids weight loss program on Trinidad-Tobago in the West Indies.

“Dr. Pretlow's book reveals the pain and struggle of obese children from *THEIR* point of view, thus providing unique and valuable information about the childhood obesity epidemic. Dr. Pretlow presents solutions – his take on what should be done to treat childhood obesity and to prevent it. A must-read for anyone seeking to hear the voice of obese children and the advice of a pediatrician who has been listening to these children for the past 9 years.”

-- Barbara J. Moore, PhD

President and CEO of Shape Up America!

Founded in 1994 by C. Everett Koop, U.S. Surgeon General 1981-1989

www.shapeup.org