

"I wish I'd had these lessons when I was in 4th grade!"

(4th grade teacher)

"I wish this information was available in a book ..."

(hundreds of audience participants)

Now, by request, for the general public...

...a *NEW BOOK* is being developed for adults and teens, parents and grandparents, community educators and childcare workers - as well as health professionals and treatment providers...

...helping *everyone*, at any age, to develop a healthy body image, healthy eating and activity habits, and to discover their own healthy weight!

The engaging and popular curriculum guide *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* - currently used in classrooms across the country - is being re-written as an easy-to-read guide for the general public.

Give the current norm for Americans to feel bad about their body size, to eat in ways that are far from healthy, and to live increasingly sedentary lives, this book will give you and those you work with the knowledge, tools and incentive needed to become *healthily countercultural!*

Watch for this book in the coming year!