



"Mom, I feel fat!"

Becoming your daughter's ally in developing a healthy body image

sharon hersh



Mom I Feel Fat Becoming Your Daughters Ally In Developing A Healthy Body Image

Dr. Tim Clinton, Dr. Eric Scalise

Mom I Feel Fat Becoming Your Daughters Ally In Developing A Healthy Body Image:

Mom, I Feel Fat Sharon Hersh, 2011-05-18 Never before have our daughters been more concerned and obsessed with the concept of being fat From kindergarten on up girls worry about the size of their stomachs backsides and thighs and even the youngest experiment with dieting and exercise Much has been written to girls on the challenges they face with regard to body image But where can a mother turn for advice on how to proactively parent a daughter struggling with or soon to confront these insecurities You can make a difference Whether your daughter is 8 or 16 Mom I Feel Fat will help you understand her the body image issues she will face from self esteem to eating disorders and yourself Most of all you ll be encouraged to use the inevitable questions and challenges regarding body image and eating choices to prevent crisis and to strengthen your relationship with your daughter and with God INCLUDES PRACTICAL EXERCISES AND THOUGHT PROVOKING QUESTIONS FOR MOM ALONE AND FOR MOTHER AND DAUGHTER TOGETHER Sharon A. Hersh, 2001 This resource helps mothers understand these body issues and encourages them to use the inevitable questions and challenges regarding body image and eating choices to prevent crisis and strengthen their relationships with their daughters and with God **Mom, sex is NO big deal!** Sharon Hersh, 2010-07-28 But Mom it s not the same as when you were a teenager Your daughter is right Never before have teenage girls been so inundated with the idea that sex is a natural part of teenage relationships The media the Internet and your daughter's peers reinforce this myth daily In fact the majority of teenage girls will experiment with sex And never before has the price tag of teen sexual behavior been so high disease depression and a distorted view of self This is a book of hope and empowerment The good news is that you can use the challenges your daughter faces today as catalysts to help her develop a sacred view of sex and of herself Your daughter will make critical decisions during her adolescence and those decisions will have lifelong consequences But you as a mother can have enormous influence over your daughter if you are prepared Mom Sex Is NO Big Deal will arm you with information and strategies to help your daughter arrive at a place of wholeness as she makes decisions about how she will behave sexually during the most vulnerable period of her life Mom, I Hate My Life! Sharon Hersh, 2004-04-20 I don't know why my daughter is so angry She yells at me all the time Our daughter comes home goes straight to her room turns on her CD player and won t talk to anyone especially me The emotional ups and downs of our daughter's life make us all feel like we re on a roller coaster Navigating an adolescent daughter's emotional life is one of a mom's toughest challenges A teenage girl's volatile emotions can seemingly toss her and you like a hurricane When a scary external world and a turbulent internal world collide the result is sometimes overwhelming and confusing What can you do to protect your relationship with your daughter guide her through this chaotic time and assure her you are truly on her side Your Adolescent Daughter's Struggles Can Help Her and You to Grow and Thrive The good news is you are equipped with the most powerful resource available for maintaining and developing connection with your daughter a mother's heart Learn how you can use hand in hand mothering

skills to become the ally your daughter needs parenting out of love not fear and find out how you both can experience dramatic life changing growth in the process **Shepherding Women in Pain** Bev Hislop, 2020-04-07 A critical resource for anyone who wants to help women with the pressures frustrations and trauma they face Women today often have sources of tremendous pain in their lives such as infertility divorce domestic violence eating disorders and more Yet most leaders are not prepared to help women who have real pain from such traumatizing issues If you want to be better equipped to help women in pain this book was written for you Designed to give leaders and care givers greater understanding and insights Shepherding Women in Pain is a compilation from contributors who have expertise and experience on the given issue Learn about domestic violence from expert Stacey Womack founder and executive director of Abuse Recovery Ministry or learn how to help women who struggle with eating disorders from Kimberley Davidson founder of Olive Branch Outreach The reader will be provided concise practical and grace infused information designed to help women deal constructively with the trauma of their life experiences. This book will serve as a key resource to read and re read often for those who serve women in pain A remarkable blend of expertise and empathy Shepherding Women in Pain is a perfect resource for pastors church staff and women s ministry leaders alike who want to help women in pain experience Jesus joy and wholeness again Your Daughter for Every Woman's Battle Shannon Ethridge, 2010-03-16 Where Will Your Daughter Turn for Answers About Sex Girls are bombarded with messages about sex from friends advertisers media icons and more All of this input along with the whirlwind of emotions that accompany puberty can leave them confused filled with unasked questions about boys dating sex and their own value Now is the perfect time for creative conversations about sexuality with your daughter By introducing key principles and truths during these teachable years you can lay a foundation that will help her withstand the inevitable pressures young women face And you ll create a lasting bond establishing yourself as a trustworthy authority who is willing to help her address the sensitive issues in her life Recognizing how awkward it can be to confront the topic of sex author Shannon Ethridge guides you and your daughter through enjoyable yet memorable discussions about sexuality purity and dating leading to a deeper understanding of and appreciation for God's standards Preparing Your Daughter for Every Woman s Battle provides creative tools that will give you the confidence to talk openly and honestly with your daughter and encourage a lifetime of sexual and emotional integrity Cracking the Parenting Code Laura Lee Heinsohn, 2008 Why do some children grow up and then abandon their parents Christian values and convictions How can parents prevent this Laura Lee Heinsohn's search led to startling conclusions Through interviews with more than 1 000 individuals about their childhood and parenting experiences she discovered common themes nearly every person who abandoned their parents Christian values and convictions said I needed something from my parents that they couldn't or didn't give me In Cracking the Parenting Code Heinsohn identifies six critical needs of children and six corresponding clues to meeting those needs You Are Not Alone Dena Yohe, 2016-07-19 You would go to the ends of the earth for your child So if your teenager or

young adult is in the midst of crisis due to self injury mental illness depression bullying or destructive choices you probably feel broken powerless and isolated Dena Yohe wants you to know you are not alone You are not a bad parent And you are going to be okay Dena has been where you are In You Are Not Alone she speaks from experience as she offers healthy ways to maintain your other relationships suggestions for responding to friends who don t understand and ideas for keeping up your emotional and spiritual well being when your world feels as if it s crashing down It is possible to find purpose in your pain joy beyond your fear and hope for every tomorrow Includes prayers exercises websites and other helpful resources

Mom in the Mirror Dena Cabrera, Emily T. Wierenga, 2013-05-08 Mom in the Mirror Body Image Beauty and Life after Pregnancy is for every woman who has ever doubted herself or her self worth after the birth of a child Because most women spend much of their lives attempting to change their bodies it s not surprising that the weight gain that comes along with pregnancy and post pregnancy coupled with the challenges of parenting only exacerbate issues with weight body image disordered eating and self esteem Drawing on the wisdom of eating disorders expert Dr Dena Cabrera as well as the personal experiences of former anorexic Emily Wierenga Mom in the Mirror is a physical mental emotional and spiritual response to a female generation seeking its true identity in an appearance based world With chapters that deal with bruises from the past misconceptions about pregnancy life before and after children marriage and motherhood spiritual and physical nourishment relationships with friends and family and the changing role of a mother as her children age it is a holistic approach to the age old questions Who am I and why am I here Comprising personal stories expert advice reflection questions and helpful tools this book is an inspiring read intended for women everywhere who want to restore a positive body image and to overcome the insecurities that arise when pregnancy is over and child rearing begins Faith Reads David Rainey, 2008-07-30 At last a resource for librarians who wish to build or develop their nonfiction collection and use it to better serve the needs of adult Christian readers Covering the three major branches of Christianity Roman Catholic Protestant and Orthodox the author organizes more than 600 titles into subject categories ranging from biography the arts and education to theology devotion and spiritual warfare Award winning classics are noted Introductory narrative frames the literature and helps librarians better understand Christian literature and learn how to establish selection criteria for building a Christian nonfiction collection Hope, Help, and Healing for Eating Disorders Dr. Gregory L. Jantz, Ann McMurray, 2010-10-05 Heal your relationship with food Eating disorders and disordered eating ravage and consume too many lives In this powerful book for individuals suffering from eating disorders as well as those wanting to help Dr Gregory Jantz comes alongside his readers with a well tested and successful approach that addresses the emotional relational physical and spiritual dimensions of healing from an eating disorder Topics include Five often overlooked nutritional keys to recovery How to let go of anger fear and guilt Tools for creating a binge free life How not to be a victim of others The role of emotional and verbal abuse in eating disorders Seven keys to creating healthy relationships This completely updated and revised edition contains new material on

nutritional leading edge interventions spiritual abuse and healing strategies for compulsive behaviors If food has not found its proper place as nutrition in your life discover the answers in Hope Help and Healing for Eating Disorders Because you can do more than just survive you can really live Contains thought provoking questions and activities to guide readers through progressive healing steps The Quick-Reference Guide to Counseling Teenagers Tim Clinton, Chap Clark, 2010-08-01 Youth culture changes rapidly so those in the position to counsel teens often find themselves ill informed and ill prepared to deal with the issues that teens routinely encounter today The Quick Reference Guide to Counseling Teenagers provides the answers It is an A Z guide for assisting people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Each of the 40 topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended The Quick-Reference Guide to Addictions and Recovery Counseling Dr. Tim Clinton, Dr. Eric resources Scalise, 2013-10-15 The newest addition to the popular Quick Reference Guide collection The Quick Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds It is an A Z guide for assisting pastors professional counselors and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources I Want to Teach My Child about Fitness Shawn McMullen, 2005-10-05 How do I teach my child about fitness Busy parents like you long for help hints and solid strategies to enable their kids to learn the importance of complete fitness From building a healthy body to nurturing a healthy spirit mind and heart I Want to Teach My Child About Fitness offers clear concise information about the impact of health and fitness plus tips lists charts questions and practical interactive suggestions for helping your child Discover how fitness helps us serve and honor God Learn the importance of spiritual emotional and physical fitness Explore effective strategies for nurturing healthly bodies as God desires Realize that spiritual and emotional health affects our behavior Understand that families can be fit and healthy together I Want to Teach My Child About Fitness fits neatly into your purse pocket or briefcase ready to offer you support activities and loads of practical information in a snap Be sure to check out the other I Want to Teach My Child About books because you re never too busy to teach your child Mom, I feel fat! Sharon A. Hersh, 2001 Becoming your daughter's ally in developing a healthy body image **Prayer Changes Teens** Janet Holm McHenry, 2003-08-19 Give control back to God and get back to what you enjoy most loving your teen Parenting teenagers isn t easy No matter how much we love our kids and want to protect them we cannot control them or their circumstances But God is in control and particularly when we trust him he can take care of our kids far better than we ever could So what else

can we do We can pray In fact prayer should be our first response because prayer is the most powerful tool at a parent s disposal That is what this book is about releasing our teens to God's control learning to pray specifically and with confidence for their every need and recovering the sense of humor that will help us face the situations that now cause us so much stress This book includes lighthearted stories designed to help take the edge off of parenting your teenager valuable insights on more than twenty areas of conflict you are likely to experience with your teen from language grades and clothing to drugs drinking and smoking specific prayer strategies to help you make a difference in your teen's life perspectives on the hot issues from real teens what the Bible has to say on each subject tips from parenting experts specific prayers to get you started discussion starters to help open up dialogue with your teen Whether parents have never prayed for their teens have prayed sporadically or have prayed every day now is the time to pray even more and in whole new ways and Prayer Changes Teens will show them how Mom, everyone else does! Sharon Hersh, 2010-08-11 Help Your Daughter Resist Peer Pressure Even When You re Not Around A national survey in 2001 indicated that in the U S one fourth of the high school seniors have problems with drugs and alcohol nearly two thirds of teenagers experiment with drugs before finishing high school and fifty six percent of seventeen year olds know at least one drug dealer at school Studies also indicate that when a girl chooses to use substances peer pressure is the biggest reason why Many parents believe the best they can do is to teach their daughters right from wrong and hope for the best But there is more that you can do Because while peer pressure may be the biggest influence for girls who choose to use substances parental involvement is the single most important factor for those who decide not to The dangers of substance abuse can actually bring you and your daughter closer Whether you want to help your daughter resist the overwhelming pressures to drink smoke and use drugs have discovered or suspect that your daughter may be using substances or want to help her develop a strong and positive identity in response to negative peer pressure this book shows how the lure of today s teen party culture puts you in your most powerful position ever to connect Diabetes Self-management ,2003 with and influence your daughter Books That Change Lives Parable Group, The, 2005-07 The ultimate book of recommended reading lists hand picked by book buyers nationwide This Parable exclusive includes recommendations from popular authors and a personal growth library list featuring both classic and contemporary must reads Plus a topical resource list indexes books by subject matter geared for those ministering to others Library Journal, 2001

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