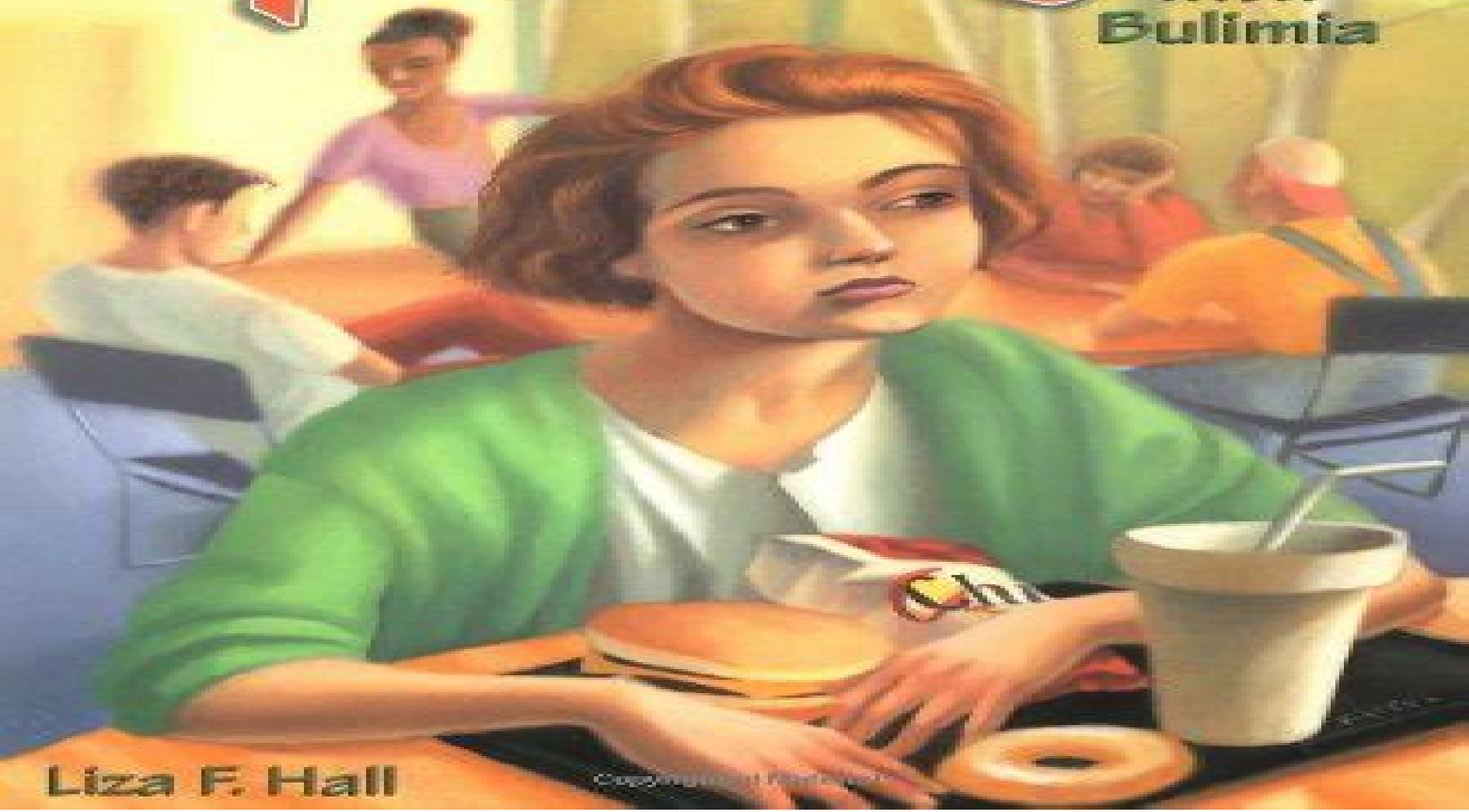


# Perk!

The  
Story  
of a  
Teenager  
with  
Bulimia



Liza F. Hall

# Perk The Story Of A Teenager With Bulimia

**Liza F. Hall**



## **Perk The Story Of A Teenager With Bulimia:**

*Perk!* Liza F. Hall, 1997-10-01 Unhappy about boys her parents and her body tenth grader Perk becomes a victim of bulimia and resorts to binge eating and forced vomiting to gain control of her life      **Perk!** Liza F. Hall, 1997 Unhappy about boys her parents and her body tenth grader Perk becomes a victim of bulimia and resorts to binge eating and forced vomiting to gain control of her life      Using Literature to Help Troubled Teenagers Cope with Health Issues Cynthia Ann Bowman, 2000-03-30 Today traditional illnesses and high risk behaviors of adolescents have become interrelated through the multitude of physical social and emotional changes young people experience Good literature which gives adolescents the truth has incredible power to heal and to renew This reference resource provides a link for teachers media specialists parents and other adults to those novels that can help adolescents struggling with health issues Educators and therapists explore novels where common health issues are addressed in ways to captivate teens Using fictional characters these experts provide guidance on encouraging adolescents to cope while improving their reading and writing skills With the advancement in medicine traditional types of health issues such as birth defects cancer and sensory impairment have shifted to more behavior related problems such as depression alcoholism and eating disorders All of these issues and others are examined from both a literary and psychological perspective in thirteen chapters that explore health issues through fiction Each chapter confronts a different health issue and is written by a literature specialist who has teamed up with a therapist In each novel these experts define the central character s struggle in coming to terms with an issue and growing in response to their difficulties Annotated bibliographies of other works both fiction and nonfiction explore these same issues give readers insight into helping teenagers with similar problems and provide the tools with which to get teenagers reading and addressing these problems      *Handbook of Pediatric and Adolescent Obesity Treatment* William T. O'Donohue, Brie A. Moore, Barbara J. Scott, 2008-02-22 This volume brings together behavioral medical and public health approaches and provides the knowledge necessary for a wide range of practitioners to effectively address the current obesity epidemic among children and adolescents The book addresses several themes in pediatric and adolescent obesity Experts in the field discuss the prevalence etiology and sequelae of pediatric and adolescent obesity as well as the medical and behavioral assessment of the overweight child adolescent and family The book offers a comprehensive understanding of the wide range of approaches to pediatric and adolescent obesity treatment in order to promote an individualized approach that will best fit the patient and family      **Living with Eating Disorders** Sheila Cooperman, Sara Dulaney Gilbert, 2009 Provides teens with the information they need to understand eating disorders      **"I'm, Like, SO Fat!"** Dianne Neumark-Sztainer, 2011-12-08 It s hard to decide which is more frightening the food teenagers enjoy or the things they say about their bodies Whether it s your son s passion for chips and soda or your daughter s announcement that she feels fat kids attitude about how they look and what they should eat often seem devoid of common sense In a world where television and school cafeterias push super sized

sandwiches while magazines feature pencil thin models many teens feel pressured to starve themselves and others eat way too much Blending her experience as the mother of four with results from a survey of nearly 5 000 teens Dr Diane Neumark Sztainer shows you how to respond constructively to fat talk counteract negative media messages and give your kids the straight story about nutrition and calories the dangers of dieting and eating right when they re away from home Full of examples illustrating the challenges teens face today this upbeat and insightful book is packed with great ideas that will help kids everywhere feel better about their looks and make healthier choices about eating and exercise **Welcoming Children with Special Needs** Sally Patton,2004 Eating Disorders Raymond Lemberg,Leigh Cohn,1998-12-15 Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life threatening conditions This volume is a substantially updated and expanded version of Controlling Eating Disorders with Facts Advice and Resources Oryx 1992 **Understanding Food and Your Family** Clare Tattersall,1999-12-15 Describes how eating patterns and attitudes about food are partly determined by one s family and discusses eating disorders and how to deal with them *Unpacking the Loaded Teacher Matrix* sj Miller,Linda Norris,2007 What issues in English teacher education are sidestepped because they are too loaded to address What aren t we talking about when we discuss classroom management censorship standardized tests media literacy social justice issues the standards and technology What really matters to novices entering the profession The authors in this book wrestle with the disparities between preservice English teacher instruction and secondary school space as the two collide and describe the tools that preservice English teachers need to negotiate and navigate between theory and practice This book answers these questions and offers groundbreaking insights about liberatory pedagogy for how teacher educators can mentor preservice teachers on touchy issues providing them with tools to reach today s students **Kliatt Young Adult Paperback Book Guide** ,1998 **Understanding Bulimia Nervosa** Deborah Schmidt,Schmidt Deborah,1999-03 The Teen Reader's Advisor RoseMary Honnold,2006 Organized into eighteen thematic chapters offers more than nineteen hundred annotated listings of recommended titles for young adults Too Fat Or Too Thin? Cynthia Kalodner,2003-08-30 The deluge of information regarding eating disorders can be mystifying and misleading It is often difficult to know where to begin and whom to trust This practical resource guide for students and parents dispels the myths surrounding eating disorders Chapters on anorexia nervosa bulimia nervosa compulsive overeating and other disorders use case studies and current research to describe and explain symptoms dangers and current theories about what causes such disorders Medical and psychological issues are thoroughly discussed in a manner accessible for students Psychological therapies and other forms of treatment are described providing each treatment s history and effectiveness Other chapters focus on the prevention of eating problems the relationship between image disturbances and popular culture and controversies in the field of diagnosis

and treatment Resource lists of fiction and nonfiction books movies periodicals and Web sites appropriate for students and parents can be found at the end of many chapters An appendix reviews the current recommendations by the APA for treatment of specific types of eating disorders This is a valuable reference resource for students patients parents and professionals

**Young Adult Literature** Katherine Toth Bucher,KaaVonia Hinton,2010 Contemporary and practice this edition remains comprehensive enough to ensure that teachers understand today s adolescents and the literature that engages them while still remaining brief enough to give teachers the opportunity to read the books discussed American Book Publishing Record ,1997-09 What's Real What's Ideal Overcome Brangien Davis,1999-03 Examines the causes and consequences of negative feelings about one s body and discusses ways to develop a more positive and accepting self awareness *Forthcoming Books* Rose Arny,1997-12 **Book Review Index** ,2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index **Library Media Connection** ,1997

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