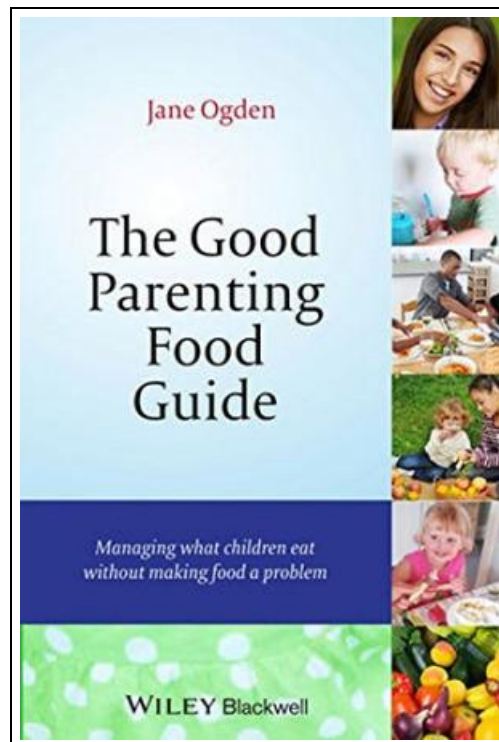


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Wiley-Blackwell, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Giving children a healthy start in life is a fantastic inheritance to pass on. This book tells you how. But it is very unusual. Not only is it full of the latest scientific information, but it is also written by a psychologist who is a mother of two children. This means it is incredibly useful and packed with easy to follow tips and advice as well as authoritative science rather than passing fads. I recommend it strongly. -- Stephen Scott FRCP FRCPsych CBE, Director, National Academy for Parenting Research Institute of Psychiatry, Kings's College London This book understands the challenges today's parents face. It provides in-depth and practical information that will help children grow up with healthy eating habits - and is also an extremely interesting and enjoyable read. -- Kim Roberts, Chief Executive, HENRY (Health, Exercise, Nutrition for the Really Young) Jane Ogden brings her decades of knowledge and expertise together in a clear and accessible way in this important book. This wonderfully practical guide will help parents and families to lead healthier lives in which food plays a valuable role at the heart of the family without leading either to overweight or anxiety. -- Prof Harry Rutter, founder, National Obesity Observatory for England.



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