



# **My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating**

*Lynn R Schechter*

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Jenna is having a tough time in middle school. She just turned 12, she hates gym, and she's overweight. Jenna has good friends and cool hobbies, but when some of her classmates make fun of her, she just feels so bad! And to make things worse, when Jenna feels sad or mad or stressed out, she starts to eat and she just can't stop!

Through Jenna's story, kids will learn how to say goodbye to emotional eating and hello to a healthy lifestyle. They'll see how to create an action plan to stop overeating before it starts, identify emotional triggers that push them to food, and get healthier by taking better care of their bodies and minds.

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Reading can called thoughts hangout, why? Because when you are reading a book particularly book entitled My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating your head will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely can be your mind friends. Imaging every word written in a book then become one web form conclusion and explanation in which maybe you never get previous to. The My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating giving you an additional experience more than blown away the mind but also giving you useful information for your better life within this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

#### **Tara Cassell:**

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher with their students. Many kinds of hobby, Every person has different hobby. So you know that little person like reading or as reading through become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to include you knowledge, except your current teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you choose to use be your object. One of them are these claims My Big

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