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# Teenage Waistland: A Former Fat-Camper Weighs In On Living Large, Losing Weight, And How Parents Can (And Can't) Help



## Synopsis

We've been inundated lately with books and articles about childhood obesity. Most offer cultural critique or nutrition and exercise advice; in tones that are alternately appalled and patronizing. Few address the psychological, medical, cultural and developmental complexities affecting overweight kids. The truth is, many parents already know that Whoppers are fattening. What they don't know is how to effectively help an often discouraged, often reluctant kid on what will be a difficult, life-long journey. Abby Ellin, a journalist and former fat-camper whose parents' attempts to "save her" from fatness proved counterproductive, has had a lifelong interest in figuring out how they might have done it better, and an abiding compassion for overweight kids. In *Teenage Waistland* she shares the story of her own adolescent struggle with food and weight, and journeys with hope, skepticism, and humor through the landscape of today's diet culture. She visits camps and community programs, and talks to experts, kids and their parents, seeking to answer these questions: What can parents say that kids will hear? Why don't kids exercise more and eat less when they're dying to be thinner? What treatment methods actually work? Willpower, or surrender? Shame, or inspiration? *Teenage Waistland* is ultimately clarifying and provocative for anyone who's ever wrestled with weight issues. One size does not fit all when it comes to weight loss, and the better we understand that, the more likely we are to be able to help our kids.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (9 customer reviews)

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## Customer Reviews

Prepare to laugh, cry and cringe --- but also to learn --- as Abby Ellin leads us through the

landscape of obese teen life. First, though, a confession: When I volunteered to read this book, I feared that I was facing a hard, long slog through a dry tome packed with scientific studies on how to help an overweight kid drop a few pounds. Instead, I could barely put down this lively read. Ellin keeps a page-turning pace as she skillfully weaves her own story as a heavy, weight-obsessed teenager through the stories of other such adolescents. Ellin begins with her own family, who courageously support her by not challenging her right to tell the unvarnished truth about the ways in which her home contributed to her weight problems and food fixations. Interestingly, the family's attitudes toward weight resulted in the author's sister becoming anorexic. Even as Ellin grew larger and larger, her sister began dieting by third grade. Ellin's grandmother was a major influence on her self-image, withholding affections when Ellin gained weight. On visits to Grandma's house in Florida, Grandma weighed Ellin daily. At home, Ellin's mother obsessed over her own weight, restricted her diet and exercised before stepping on the scales each morning. She taped a photo of an obese woman on the refrigerator door. Both grandmother and mother repeatedly drilled into Ellin and her sister the dangers of gaining weight. As a child, Ellin was devastated when her grandmother told her she couldn't come to Florida for a visit at Christmastime unless she lost 15 pounds. The ploy didn't work. Nothing really did, for many long, sad years. Ellin spent six years at weight-loss camps.

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Teenage Waistland: A Former Fat-Camper Weighs in on Living Large, Losing Weight, And How Parents Can (And Can't) Help Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points

Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Sing You Home Large Print (Large Print, companion soundtrack, Large Print) Word Search Puzzles Large Print: Large print word search, Word search books, Word search books for adults, Adult word search books, Word search puzzle books, Extra large print word search Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Two Burners and an Ice Chest: The Art of Relaxed Cooking in a Boat, or a Camper, or Under the Stars (Creative cooking series) A Life and Death Decision: A Jury Weighs the Death Penalty Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets)

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