



Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity - and You Can Too!

Heidi Bond, Jenna Glatzer

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At nine years old, Breanna Bond weighed a whopping 186 pounds. Just walking up the stairs to her room was a challenge. Her legs chafed to the point of bleeding from rubbing against each other, and her school days were filled with taunts of “Hey, Fatty!” Breanna’s mom, Heidi, was devastated and wondered, *How can I get my daughter healthy again?*

Who's the New Kid? shows readers how Heidi helped her daughter lose weight without the aid of fad diets, medication, or surgery and how other parents can do the same with their kids.

In just over a year, Heidi’s plan worked! Breanna dropped 40 percent of her body weight and was transformed from a morbidly obese child who spent her days in front of the TV eating chips and chocolate to a vibrant, healthy, energetic little girl.

Filled with helpful diagnostic tools, easy-to-make recipes, eye-opening nutritional information, fun exercise ideas, and practical tips and advice, *Who's the New Kid?* will not only show parents how to help their kids lose weight naturally but also introduce them to simple, yet effective lifestyle changes that will benefit the entire family.

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Rebecca Wheeler:

This Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity - and You Can Too! book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book will be information inside this book incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity - and You Can Too! without we recognize teach the one who reading through it become critical in contemplating and analyzing. Don't become worry Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity - and You Can Too! can bring any time you are and not make your tote space or bookshelves' come to be full because you can have it in the lovely laptop even cellphone. This Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity - and You Can Too! having very good arrangement in word in addition to layout, so you will not really feel uninterested in reading.

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The book untitled Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood

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