

CONTENTS ---

CHAPTER 1

MEET MICHAEL AND MARGARET 1

Michael	1
Margaret	11
Words	17

CHAPTER 2

THE SCAR 19

The Genetic Connection	19
Your Three Sides	21
Body	22
Energy	24
Behavior	31

CHAPTER 3

DIETING AND DANGER..... 35

Don't Fast.....	37
Don't Skip Meals.....	37

Don't Try to Shrink Your Appetite Chemically	37
Don't Succumb to Fad Dieting	38
Don't Deny Yourself Excessively	39
Don't Become a Yo-yo Dieter	40
Disorders of Eating	43
Anorexia	43
Bulimia	48
Eating Disorder Alert	53
Eating Sensibly	55
More about the Pyramid	57

CHAPTER 4

TEENS IN CHARGE: PREPARING YOURSELF 61

Questions to Ask and Ways to Answer	62
Am I Heavy?	62
Am I Fat?	64
Will My Problems Disappear If I Trim Down?	66
Do I Want to Trim Down?	67
What Should My Goals Be?	69
Who Helps?	71
What Should I Expect to Do?	79
Are You Better Off for Having Been on a Program?	80

CHAPTER 5

TEENS IN CHARGE: WATCH YOURSELF AND MAKE RECORDS 85

Why Observe and Record?	85
What to Watch and How to Record	88
Eating	88

Activity	92
Pounds and Inches	97
Urges and Thoughts	99
Eating, Activity, Feelings	100

CHAPTER 6

TEENS IN CHARGE: USING POSITIVES..... 107

Bring in Positives	107
Bringing in Positives to Help a Girl of Fourteen.....	109
Bringing in Positives after School	110
Bring in Strong Positives	112
Be Clear about Behaviors and Payoffs	112
Be Consistent and Immediate	113
Where and What Are the Positives?	113
Foods and Drinks	114
Progress	116
Positives: A Menu, a Kind Word, and a Friend	116
Weakening Behaviors.....	118
Taking Away Positives	118
Substituting Behavior	120
Unnamed Substitutions.....	121

CHAPTER 7

TEENS IN CHARGE: THINKING, REARRANGING, CONTRACTING, AND ASSERTING TO CONTROL OVERWEIGHT..... 125

Thinking Constructively	125
Rearranging Your World	129
Stimulus Control	131

Some Rearrangements to Consider	132
Designing a Contract	134
Contracts for Teenagers	137
Asserting Yourself	144

CHAPTER 8

TEENS IN CHARGE: PLANNING

The Blueprint of What to Eat	148
Some Tips for Designing the Blueprint	150
The Record of What's Eaten	151
Why Food Plans Fall Apart	153
Food on My Mind	154
Food Probably There	154
Food Clearly There	155
Food to Celebrate	155
Seeing Others Eat	156
Food Heroics	156
Food Friends	157
Time to Burn	157
Clean the Plate	158
Food Comforts Me	158
What to Do When Plans Collapse	159
Planning and Exercise	161
Beliefs Promoting Inactivity	161
Blocks to Moving More	163
Embarrassment	163
Overdoing	164
Boredom	164
Stuck	165
Busy	166
Doing Something about Exercise-Breakers	166

CHAPTER 9

PROBLEMS GETTING AND STAYING WHERE YOU WANT 171

Problems Getting Where You Want to Be	171
Feeling Pressured to Lose.....	172
Everyone Knows	172
Hating the Program.....	173
Feeling That the Program Isn't Working	174
Feeling Outside.....	175
Feeling Rejected	175
Feeling Unsupported.....	176
Problems Staying Where You Want to Stay	177
Setpoint	177
Thinking Gains Are Relapses	179
Snack Attacks.....	179
Activities Diminish.....	180
"Never Again" Come Again	181
Embracing the Broken Leg Metaphor.....	181
Tips to Try to Stay Thinner	182

CHAPTER 10

FOR PARENTS AND PROFESSIONALS 185

For Parents	185
Wait and See.....	185
Promote Small Changes.....	186
Promote Large Changes	187
For Professionals.....	189
The Whole Person.....	189
The Therapist.....	190
Framing the Issue	190

Jobs, Goals, Quitting	192
Success	193
Failure	193
Backup	194
Interview	194
Programs	201
For Parents and Professionals: Health Concerns	202
The Health of the Overweight Adult	204
The Health of the Overweight Adolescent	206
AFTERWORD	211
APPENDIX 1	
NUTRIENTS FOR ALL	213
APPENDIX 2	
TYPICAL FOODS: APPROXIMATE CALORIES AND FAT	219
APPENDIX 3	
GROWTH PERCENTILES	225
APPENDIX 4	
METRIC CONVERTER	229
APPENDIX 5	
READINGS RECOMMENDED	231

CONTENTS _____ XIX

REFERENCES 235

INDEX..... 245