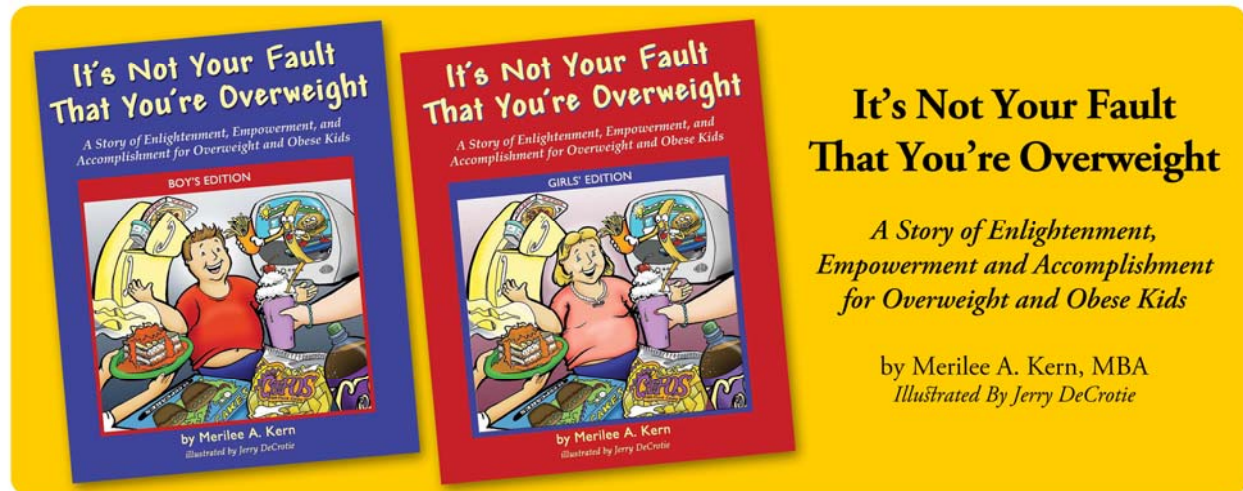


# Help Your Child Lose Weight and Get Healthy... Before it's Too Late!

Order your copy of this ground-breaking fictional children's book today:



## It's Not Your Fault That You're Overweight

*A Story of Enlightenment,  
Empowerment and Accomplishment  
for Overweight and Obese Kids*

by Merilee A. Kern, MBA  
Illustrated By Jerry DeCrotie

### What Respected Health Experts Are Saying:

*"This story's realistic and empathetic portrayal of a child struggling with weight issues, which is depicted in a non-combative tone and style sure to resonate with adolescents, will go a long way in motivating our nation's youth, and their parents, to make positive lifestyle changes."*

- Susan Burke, MS, RD, LD/N, CDE,  
eDiets.com Chief Dietitian

*"This book is a must read for parents who want to empower their child by understanding the negative societal influences they are up against each day, and exactly how to make decisive changes to get them on track toward a lifetime of health and wellness."*

- Julia Griggs Havey, Motivational Speaker, Author  
of *Awaken the Diet Within, LifeChanger*, and  
*The Vice Busting Diet*

*"Every overweight child in America would benefit by reading this inspirational book of hope, which depicts a representative overweight child who achieved his goal of living a healthier, happier life by first understanding why the problem exists and, in turn, making decisive changes."*

- Kelli Calabrese, MS, 2004 Personal Trainer of the  
Year, Author of *Feminine, Firm & Fit*, Editor  
*Personal Fitness Professional Magazine* and  
*Wellness and Fitness Entrepreneur Magazine*

*"Simple and to the point, this book provides the framework for opening up lines of communication between parents and their overweight children. It does a wonderful job of portraying an average overweight adolescent as he encounters - and ultimately triumphs over - the overwhelming amount of commercial, organizational and social stimulus that, on both a conscious and subconscious level, adversely affect his lifestyle choices. A real value for the health conscious parent!"*

- Dr. John H. Sklare, Ed.D., Author of  
*The Inner Diet*™

### *About the Book*

This ground-breaking fictional children's book depicts the life of an average overweight American kid as (s)he encounters the emotional and physical challenges associated with an adolescent overweight condition. This book's uniqueness, however, lies with its mission to not only help children recognize the overwhelming amount of cultural influences that adversely impact their ability to make good lifestyle choices, but also lessen the emotional burden of self-blame carried by those who have internalized sole responsibility for having become overweight or obese. Releasing this burden will enable these kids to re-focus their emotional and physical energy on making positive, healthful changes in their life. In the end, this is a book of hope that spotlights a representative overweight child who, by better understanding society's many pressures and influences as well as the importance of living healthfully, achieved his/her goal of living a happier, more fulfilling life.

In this first-of-its-kind book, the important health themes "served up" in an easy-to-read style are intended to help overweight kids get on a healthy track as well as motivate those within a healthy weight range to not only continue making wise lifestyle choices, but also better understand and empathize with peers currently struggling with a weight problem.

Buy this book at **15% OFF** at:  
**[www.HealthyKidsCatalog.com](http://www.HealthyKidsCatalog.com)**  
using coupon code **VIPHKC** during checkout!