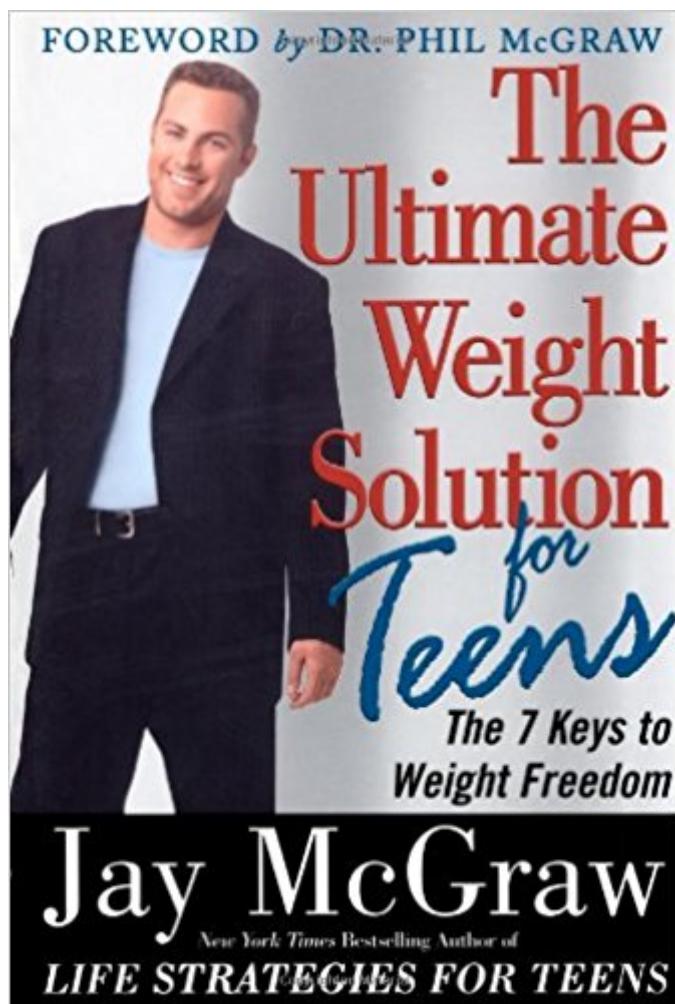


The book was found

# The Ultimate Weight Solution For Teens



## Synopsis

Weight issues are one of the leading causes of teen depression. Since you are reading the back of this book, I'm guessing that you picked it up because you relate, at least in some way, to some of the following statements: I can't stand my body! I don't know how to lose weight! The other kids always make fun of me and call me fat! I hate myself! Well, I have some good news for you. Actually, I have some great news. By picking up this book, you have taken the first step to deciding to do something about your weight and your self-image. This book will give you the answers to the many problems that you have been facing. And it will give you a plan for dealing with those problems. And I will go through it all with you. Now get psyched! You are about to begin one of the most life-changing experiences of your life. -- JAY MCGRAW, FROM THE INTRODUCTION As Jay McGraw says, The Ultimate Weight Solution for Teens is a book that will change lives. Weight issues are one of the leading causes of teen depression, and The Ultimate Weight Solution for Teens is being published at a time when weight is the top issue in so many teens' lives. Inspired by the enormous success of the #1 bestselling The Ultimate Weight Solution by Dr. Phil McGraw, Jay McGraw has written a book that deals with the specific issues teens face when it comes to weight matters. It's hard enough to be a teen, it's even harder to be an overweight teen. No one knows that better than the young people who suffer the teasing and name-calling that seem to resonate daily through their school halls. But what do you do when your friends are scarfing pizza and cheese fries and you're trying to lose weight? With this book, Jay addresses this and other problems in a way that they have never been addressed before -- in a way that actually works! Just as he did in his bestselling books Life Strategies for Teens and Closing the Gap, Jay talks directly to teens and young adults in a way to which they can relate. Jay gets it and he knows how to give it to them straight. The result is a book that can do what teens all over have been looking for -- a way to totally transform their bodies, minds, and lives.

## Book Information

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Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

The successful father and son franchise of Dr. Phil and Jay McGraw continues with *The Ultimate Weight Solution for Teens*. Here, Jay translates the seven keys that made Dad's diet book a mega seller into a smart, supportive teen manifesto for tackling unwanted pounds, body image problems and eating disorders. He uses examples and web postings drawn from his survey with 10,000 teenagers to underline a powerful message: "Weight is not about the size or your Levis or a number on the scale. It's about whether you use food to take care of your body or to abuse it." McGraw's approach is mind over milkshake, skewering the negative thoughts ("I can't have fun if I have to watch what I eat") that keep teens from experiencing "weight freedom." He examines self-defeating filters (denial, approval seeking, perfection, comparison) that distort a healthy approach to weight and also suggests a "peer and parent response plan" to avoid sabotage. He teaches how to scan the environment for eating cues. Even when McGraw rounds up the usual suspects--exercise and a sermon about sugar--he conveys a fresh and relevant message of self-knowledge. The wisdom of McGraw's approach to teen readers is this focus on thoughts and feelings, rather than on the third helping of pizza. --Barbara Mackoff

Jay McGraw is the teen expert on the Dr. Phil Show. He is the author of the New York Times bestseller *Life Strategies for Teens*, and *Closing the Gap*. He is currently in law school at Southern Methodist University in Dallas, Texas. He enjoys spending time with his friends and his brother, Jordan.

great book

Very clear and easy to understand. Addresses all the pressures teens undergo every day. Great book.

Thought the book was too easy a read for the teen I purchased it for, but finding that to be a plus instead of a minus. Teen seems to be relating to the book and we've even had discussions after some of the chapters. Book seems to be providing "food for thought"...pun intended.

This is a great book; uses "real" language, very relate-able to teens. I like that Jay focuses on being healthy and realistic about weight and body image.

The book was complete joke to be honest. Loseing weight is really all about mind set this guys feeds you krap about this and that. Don't bother reading it

Ultimate Weight Solutions for Teens is Jay McGraw's attempt at turning his father's adult-focused book into a version that teenagers would be able to understand. He did well in changing things around and toning down the language to a level that most teenagers would be willing, or able, to read. The book follows 7 steps that are meant to help teenagers lose weight. Personally, I've heard many of these 7 steps before, but the exercises and explanations the author provides are a good way for teenagers to take a step back and look at themselves - what they eat, how they exercise, how often they exercise, etc. This non-fiction book is a useful tool for teenagers wanting to lose weight and willing to broaden their horizons and open up to new ideas and changing things in their lives, that could help that process. I'd recommend this to anyone who wants to take a look at yet another non-fiction book meant to help in the weight loss process. A lot is common knowledge, but having it on paper, along with the helpful exercises, is worth the price.

Prior to reading this book, I had read Dr. Phil's adult counterpart. As an 18-year-old reader, however, I often felt that the book wasn't wholly appropriate for me as it referred to having responsibilities such as a career, kids, bills, etc. It also would include phrases like, "I want the body I had when I was in highschool!" This is obviously not relevant to someone that is still a teenaged student. At the time, I wasn't aware that Jay's book existed, but as soon as I saw it, I decided that I had to buy it. Although this book is definitely more appropriate for a teenager, I think it is certainly written for a younger teen. Upon first starting the book, I was annoyed by the colloquial tone it used to establish a, "Hey, I'm young too!" type deal. He started the book with a line like, "What's up?" and uses words and phrases like "crap," "bs," "stuff," etc. He also frequently interjects anecdotes about his friends, family, and life experiences, and repeatedly talks about his involvement in school as a

law student. Although I do think it's admirable that he is trying to establish a connection with his reader, it is a little over-done. Aside from this being written for a younger person, it seems also to focus on severely depressed people with low self-esteem. For me, as someone who has never been picked on, has never had an issue with low self-esteem, and has no means to relate to the quotes in the book like, "I hate myself!!!," I found most of these parts boring. There is also an entire chapter devoted to those suffering from anorexia and bulimia that I completely skipped over. You definitely get over it fast though, and this book was somewhat amusing and as easy read (written on probably a sixth grade level). I was able to read it in two days and found it difficult to put down. My above comments were not at all to criticize the author or discourage someone from reading this, but I would advise an older teenager to perhaps look into other options or even consider reading Dr. Phil's book and deal with the irrelevant parts. The bottom line, though, is that this book is definitely helpful to anyone of any age. I personally liked the suggestions of ways to distract myself when I want to snack (I now will take a shower, go for a walk, or paint my nails). The nutritional plan is well-organized and easy to follow, and I actually like this chapter more than the one in Dr. Phil's book. There are certain "fluff" keys I think are used only to make the book longer, but the ones that help really do get the job done. I wish the best of luck to anyone embarking upon a weight loss journey; this book will definitely give you the push you need!

Although I think that all of the keys are very significant and help you in different ways, my favorite is Key 4: Mastery Over Food and Impulse Eating. This one held the most significance for me- as an emotional eater. This chapter explains the "quick fix" or "immediate payoff" you experience when you eat and eat and eat, or you go on fad diets, or you starve yourself. They give you immediate control and satisfaction about yourself- they are your reward to yourself. So why stop when what you are doing is making you happy on some level. It goes on to show you how negative thoughts about what you look like and about who you are inside are instigating your need to "reward" yourself in these negative ways. You have to change those negative images of yourself and begin to see the ultimate negative that could be turned into a positive by turning around your reward system. Food (or lack) is not a healthy reward, but going out with friends, driving around with your windows rolled down and the music blaring, or even allowing yourself an hour of free time every day to do something fun are all healthy rewards that you can do easily. I really thought this one was the one that spoke the most to the way I live. This book has keys that will help everyone I think.

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