An authoritative and user-friendly guide that will enhance parents' knowledge of obesity, and answer questions about causes, diagnosis, treatment options, and the prognosis for children with obesity.

Childhood obesity has become a very common condition and can often lead to serious physical and emotional complications as the child grows up. If you are the parent, caregiver, or loved one of a child who is battling obesity, this unique and simple guide can offer help.

Written by a gastroenterologist/pharmacologist and a child psychiatrist, and with contributions from actual parents of overweight children, this book is an excellent resource of learning about how to live a healthier lifestyle and to cope with the medical, emotional, and everyday aspects of childhood obesity.