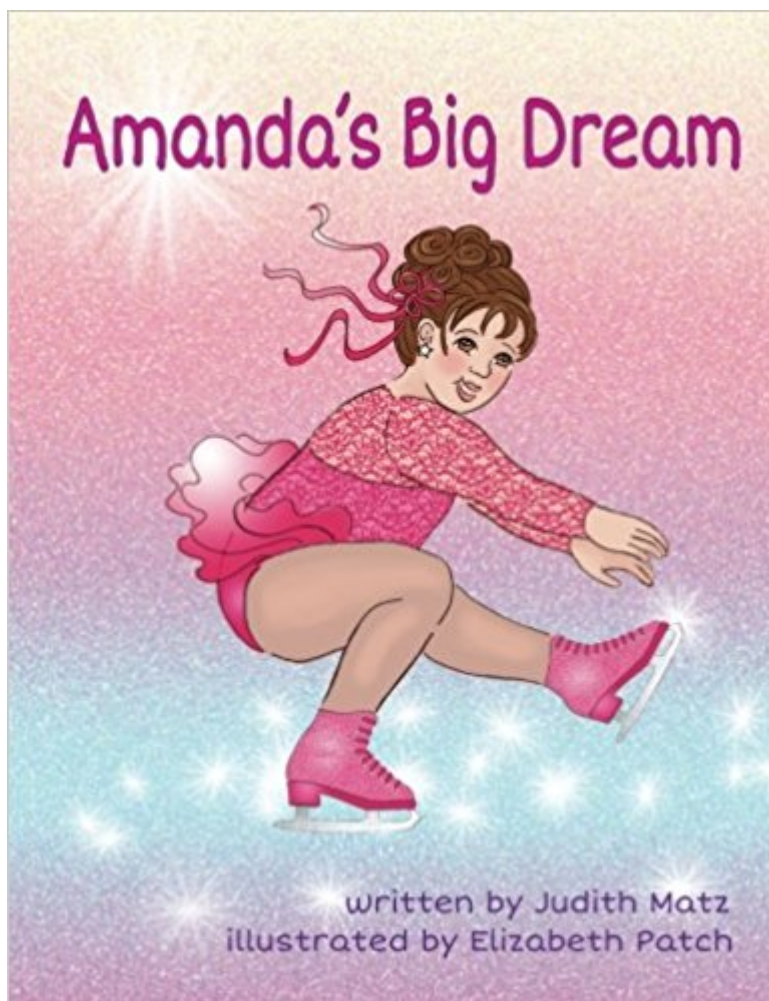


The book was found

Amanda's Big Dream



Synopsis

Amanda's Big Dream is the inspiring adventure of a girl who dreams of a solo in the Spring Ice Skating Show. When Amanda's skating coach makes a comment about her weight, she loses confidence in her ability to make her dream come true. Despite reassurances from her parents, her doctor, and her best friend, Amanda decides to quit skating. Will Amanda return to the ice? Or has she given up forever? Come along with Amanda as she realizes the true secret to following her big dream! A healthy body image is essential for kids to feel confident and strong! Parents want their children to have a healthy body image, but may be unsure how to respond to their kids' anxiety about weight. Amanda's Big Dream helps parents, teachers and other caregivers discuss this topic with children in an entertaining and positive way. You won't want to miss this new resource! Amanda's Big Dream is for: Children ages 5 and up who enjoy a fun, friendly story with an inspirational main character. Pre-teens and teens dealing with body image issues/body dissatisfaction. Adults who struggled with body image as a child and want to read a story that's healing. Parents looking for a fun and positive way to help children develop a healthy body image. Therapists, dietitians, pediatricians & other health professionals seeking a helpful resource for their clients/patients. Teachers who need books with a positive, thought-provoking message for their classroom. Athletic Coaches who work with children and teens.

Book Information

Age Range: 4 and up

Paperback: 32 pages

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Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,301,220 in Books (See Top 100 in Books) #37 in Books > Children's Books > Growing Up & Facts of Life > Health > Weight #169 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #259 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

“I love that Amanda’s Big Dream promotes young people being involved in sports and following their dreams through an active and healthy lifestyle.” Jason Brown- 2015 US Figure Skating Champion, 2014 US Olympic Bronze Medalist, Team Figure Skating “This inspiring story and its beautiful pictures should be required reading in every child’s home, classroom, and pediatrician’s waiting room. All kids will be moved as Amanda realizes that who she is should never be limited or defined by her size and shape. This book teaches children that staying true to themselves, caring for, and taking care of their health and well-being is the way to a happy ending. Bravo to Matz and Patch for this much needed jewel of a book!” Kathy Kater, LICSW • Psychotherapist, Consultant, and Author “Parents want to raise children who are healthy and happy, and Amanda’s Big Dream supports that goal. Amanda’s Big Dream is a beautifully illustrated resource for children and parents struggling with harmful dieting messages and weight bullying. This book actively challenges common and harmful myths about weight, and supports healthy behaviors. Amanda’s Big Dream is a rare resource from a trusted professional that helps children understand that health and happiness is about far more than a number on a scale.” Katja Rowell, MD- Childhood Feeding Specialist and Author “I love this book. It says everything it has to say. All the hurtful words and ideas are there, the real impediments created by high body weight (can’t bend as far) the child’s impulse to lose weight is there, but what is SO different is the way Amanda’s parents and doctor react. They give her the exact, reality based support that she needs, and she becomes a stronger person for it.” Ellyn Satter, MS, RDN, MSSW, and author

Author Judith Matz, LCSW Judith Matz is a clinical social worker dedicated to helping people make peace with food, their bodies, and themselves. Judith has 30 years of experience helping people end their struggles with eating and weight issues. Judith Matz is the co-author of two acclaimed books for adults: *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating* (Routledge, 2014) and *The Diet Survivors Handbook: 60 Lessons in Eating, Acceptance and Self-Care* (Sourcebooks, 2006). Judith Matz is a popular speaker at conferences and meetings. Her work has appeared in *Good Housekeeping*, *Self, Shape, Today*’s Dietitian, *Diabetes Self-Management*, *Psychotherapy Networker*, and *NBC News Chicago* with Nesita Kwan, *Huffington Post Live*, as well as the documentary “America The Beautiful 2”. Illustrator Elizabeth Patch Illustrator, blogger and body image advocate

Elizabeth Patch has a BA in Drawing, an MA in Painting, and post-graduate studies in Digital Media. During her career as a high school art teacher, Elizabeth Patch overheard countless girls of all sizes talk about hating their bodies. She saw girls limit their dreams, ignore their talents and minimize their accomplishments by focusing on body size and weight. Elizabeth Patch is committed to creating positive, fun illustrations that reflect a diversity of body types!

I am an eating disorder therapist. I think the language in this book could be more sensitive to how much children absorb the negative judgments of larger bodies. The coach speaks to the girl in a very judging and shaming manner. People of all sizes have the right to excel and be athletic. The layers of shaming in the culture are rather challenging to avoid. I wanted to like this book and share it with children struggling with eating disorders but I could not do it.

So many books geared toward children involve a.) a character losing weight to become happy or b.) a character losing weight to get others to treat them better. These are awful messages to send to young people. I've always thought that our focus should be on moving our bodies and eating good food, and our weight will figure itself out. We don't care for what we hate. This book eloquently points out what can happen to children when their weight is unfairly blamed for something in their lives. It also points out how health can be pursued in a body of all shapes and sizes. ****Spoiler**** Ultimately, our protagonist Amanda doesn't get any closer to the ice, but that's what I like about this book. It wasn't "See? She overcame those bigots without losing a pound!" anymore than it's, "She couldn't get close to the ice until she lost weight!" It's just not the point. Amanda learns to love herself and embrace her skills and her journey to become a better skater.

I wish this book was around when I was a child and I am grateful that children today have this voice to listen too among all the destructive body image messages in the media.

I purchased this book with the hopes of reading it to my daughter, and only made it appropriate once I ripped out about half of the pages. This book, although well-intended, is just awful. It presents the young reader with scenes of ridicule toward the main character that the intended reader may have not encountered on her own, thereby creating the perception of a problem in the young reader, which is the opposite of the intended support this book could have offered. The book shows a coach who tells the main character she should lose weight, which I find to be a very confusing scene for a child. I found this part of the book totally unnecessary. I was thoroughly disappointed in this book,

and was terrified my daughter may find it before I had a chance to return it, so I ripped half of the most damaging pages out, as I consider whether or not it's even good enough now to have my daughter read.

Terrific message for larger sized children to reach their dreams. Patsy

Amazing book for boys and girls to read...parents too!We come in all shapes and sizes. Dream Big!

Nice to see a Size Positive book for little girls. Should be placed in EVERY grade-school classroom.

LOVE the story !!! Society can be so cruel these days. Good read !!

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