



# Don't Call Me Fat!:A First Look at Being Overweight (A First Look at...Series)

*Pat Thomas*

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# Don't Call Me Fat!:A First Look at Being Overweight (A First Look at...Series)

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**Don't Call Me Fat!:A First Look at Being Overweight (A First Look at...Series)** Pat Thomas  
Optimized for use on the Kindle, psychotherapist and counselor Pat Thomas puts her gentle, yet straightforward approach to work in this new addition to Barron's highly acclaimed A First Look At...Series. This book explores why someone might be overweight, gives advice on fitness and diet, and discusses how some people are bullied because of their weight. It also provides guidance for a healthier lifestyle as well as notes for adults. The story line is simple and easily accessible to younger children, who will learn that exploring the personal feelings around social issues is a first step in dealing with them. Full-color illustrations on every page. (Ages 4-8)

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