



Freddy Fights Fat: An Emotional Literacy Book (Growing Up Happy)

Lawrence E. Shapiro

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Freddy, like so many of today's children, has a problem with his weight. He doesn't like his weight. He doesn't like the way he looks in the mirror, he's out of breath when he runs, and the kids are starting to tease him. But Freddy learns how to fight fat! With some help from his family and friends, he adopts a healthier lifestyle and he soon learns that it's fun to be fit.

This book will teach children the importance of eating right and exercising every day. Filled with humor and charm, Freddy Fights Fat offers realistic advice on weight loss, including how to deal with occasional setbacks.

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