

1. Record Nr.	UNINA9910442760003321
Autore	Gilli, Patrick
Titolo	Au miroir de l'humanisme : les représentations de la France dans la culture savante italienne à la fin du Moyen Âge, c. 1360-c. 1490 / par Patrick Gilli
Pubbl/distr/stampa	Roma, : Ecole française de Rome, 1997
ISBN	0728303878
Descrizione fisica	638 p. ; 25 cm
Collana	Bibliothèque des écoles françaises d'Athènes et de Rome ; 296
Disciplina	945.05 944.025
Locazione	FLFBC
Collocazione	945.05 GIL 1
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910784269403321
Autore	Neumark-Sztainer Dianne
Titolo	I'm, Like, SO Fat! [[electronic resource]] : Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World
Pubbl/distr/stampa	New York, : Guilford Press, 2005
ISBN	1-281-12346-3 9786611123468 1-4237-7122-2 1-59385-552-4
Descrizione fisica	1 online resource (336 p.)
Disciplina	618.928526
Soggetti	Eating disorders in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	<p>CONTENTS; Acknowledgments; ""What are we up against ... and how did we get here, anyway?""; 1 If It's Not One Thing, It's Another: Dealing with a Spectrum of Weight-Related Problems; 2 Our Susceptible Teens: What We Know about Causes and Contributing Factors; ""How can we protect our teens when society pushes fat but promotes thin?""; 3 Parents Matter (a Lot); 4 Friends, Fashions, and Fads; 5 Physical Activity: A Big Part of the Answer in Moderation; 6 The Great Diet Debate; 7 The Four Cornerstones of Healthy Weight and Body Image; ""What and how much should teenagers eat?""</p> <p>8 "I Know How to Diet I Just Don't Know How to Eat": What Teens Needs to Know about Nutrition9 Portion Control and Calorie Counting: Teaching Teens to Pay Attention without Obsessing; 10 Vegetarianism: Doing It Right-for Your Teen and Your Family; ""How can we make a difference at home ... and away?""; 11 Family Meals in a Fast-Food World; 12 Eating Out-When Cooking Just Isn't Going to Happen; 13 Fluent in the F Words: Talking with Teens about Food, Fat, and Other Touchy Topics; ""What can we do when problems come up?""; 14 Helping Your Overweight Teen Be Healthy and Happy</p> <p>15 How to Spot the Signs of an Eating Disorder and What You Can Do to HelpResources for Parents and Teens; Bibliography; Index; About the Author 317</p>

Sommario/riassunto

Shows parents how to strike the difficult balance between bolstering self-esteem and offering constructive advice. This book provides science-based, practical ideas for instilling healthy eating and exercise habits, educating teens about nutrition and portion size, and talking about body image.
