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| 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 |

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| 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 | 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?"" 8 "I Know How to Diet I Just Don't Know How to Eat": What Teens Needs to Know about Nutrition 9 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 15 How to Spot the Signs of an Eating Disorder and What You Can Do to Help Resources for Parents and Teens; Bibliography; Index; About the Author 317 |

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.